

Suzie Coleman RN LMT

Hi, to all my fellow horse loving friends. At the age of 52 years, I finally got the chance to do something I have always wanted to do. Learn to ride. I love it.

I started at Big House Stables as a blank slate. I have been riding with Susan Kelley since 2001 and have attended other Centered riding clinics also. I feel like a sponge some days since I am constantly learning to be one with the horse on so many different levels. Some times the horse is much more with me than I am with him. At those times I must use all my therapy skills to get myself back with him. he's much happier when I do this and so am I.



I am a Registered Nurse and Licensed Massage therapist with advanced training in Neuromuscular Therapy and Postural analysis.

My Contribution to the Big house Stables team is that of an extra pair of eyes on horse and rider with Susan Kelley during the Centered riding lesson and rider evaluation.

My knowledge of the human body and training in Neuromuscular Therapy, Postural evaluation and re-patterning exercises allows me to assess how a rider moves through space both on and off the horse. I can assist the rider in personally tailored muscle release and re-patterning both on and off the horse. Physical changes from simple muscle release of the rider on horse back can make an immediate difference in how the rider feels in the tack as well as how the horse moves under the rider.

Since every rider is different, what we do here is specific to what you might need. Not a catch all protocol of one size fits all.

Neuromuscular Therapy for the rider is a system of muscle release both on and off the horse that is a hands on and specific to the individual rider as assessed.

Re-patterning exercises are also individualized by what the assessment show. and can be practiced any time and place to help facilitate better body alignment both on and off the horse. None of the exercises require any special athletic ability.

I look forward to meeting new riders and helping them be more comfortable and balanced in their own bodies both on the ground and in the Saddle.