

Jennifer Malott Kotylo

Movement & Body
Awareness Specialist for Equestrians

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*An Interactive Body Awareness Clinic
for the Equestrian Athlete
with Jennifer Malott Kotylo*

*Legacy Dressage
Eagle, Nebraska*

April 22 – 24, 2022

*Learn how to apply basic Body Awareness Techniques
to improve your riding and overall well-being:*

- long, lean muscles,*
- fluid, controlled movement,*
- independent leg and arm mobility,*
- relaxed mental state and*
- proper alignment.*

Discover how to:

- keep yourself still without blocking your horse,*
- connect your half-halts to your core,*
- hold without pulling and*
- keep your lower legs from wobbling.*

Body imbalances develop over time, based on your own particular physiology, posture and lifestyle. How you move when not riding, your other forms or of exercise (or lack thereof), and the amount of time and the quality of how you sit at work all effect the way you ride. Asymmetries influence your movement, alignment and flexibility, which greatly affect your effectiveness as a rider. I endeavor to use exercise modalities, primarily Pilates/Equilates and Echart Meyners Balimo work to help riders identify their unique issues and help them find ways to rebalance.

Pilates (as well as other types of body work) increases your body awareness, and improves your flexibility, strength, and balance. Goals are to:

- lengthen the spine and strengthen the core, which stabilizes the body in movement
- create a deeper seat by enhancing the suppleness of the lower back
- increase extremity independence
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This will help riders:

- move legs and arms freely around a stable base
- help clarify your aids
- avoid collapsing and bouncing in the saddle
- better absorb your horse's movement
- improve posture
- maintain a neutral pelvis in order to follow your horse's movement

Eckart Meyners' Balimo work is based on the premise that all bodies have the ability to "relearn" the neural connections they have "forgotten" due to injury, over-use, miss-use or non-use. These connections are what allow the body to "go with the flow" of the horse. Goals are to:

- discover a rider's most stuck areas (usually occipital joint, sternum, SI joint, pelvis, hips, or tendons) and find exercises to release these areas
- achieve biomechanical correctness

This will help riders:

- become more elastic and fluid in their own movements
- allow body to work naturally and in harmony with the horse

Education

Certified Core Dynamics Pilates Instructor

Certified Level 2 Equilates Instructor both Pilates Track and Riding Track

Certified Echart Meyners' Balimo Teacher

USDF "L" Judges Program Graduate with Distinction

US Pony Club – C-3

Continuing Education:

John Argue's Movement for Parkinson's Disease

Michelle Larson's Pilates for Scoliosis

Yamuna Body Rolling

The Egoscue Method

So Tai

Applied Kinesiology

Alexander Technique

Biography

Jennifer developed a passion for body awareness and biomechanics while pursuing her lifelong quest of international level dressage riding. She is a certified Core Dynamics Pilates Instructor, certified Equilates teacher and certified Balimo practitioner. "My goal now is to use my knowledge to help others fulfill their physical dreams, whether they are running a marathon, easing the debilitating effects of neurological disease or returning to bio-correctness after an injury or repetitive misuse."

Jennifer came to Pilates for some rehabilitation work. "I had always wanted to be the best rider I could be, even though I was not blessed with a natural athlete's body. A lifetime of bad postural habits, sitting behind a desk and ignored injuries had turned my body into a crooked, stiff mess. I tried massage and acupuncture, and they certainly helped, but it was Pilates that gave me my body back. In fact, Pilates made such a significant impact on my riding that I committed myself to becoming certified as both a Core Dynamics Pilates instructor and as one of Betsy Steiner's Equilates instructors."

Jennifer's foray into Echart Meyner's Balimo work (based on the principals of Pilates, Feldenkreis and Alexander) came after attending a symposium in Seattle. "I was completely blown away by the effectiveness of Echart's exercises." Echart's work allows the body to "re-set" itself so that it "remembers" how to move as it was designed to move. "I use the Balimo exercises with almost all of my clients. They have been particularly effective with people who suffer from Parkinson's disease (or other neuro disorders), seemingly waking up some for the neural pathways that Parkinson's blocks. Echart's work has opened up a whole new area of study for me to explore on both an intellectual level and a physical one."

Jennifer is also a freelance writer, editor and marketing consultant with an MBA in finance and strategic planning from Indiana University and a BA in economics from the College of Wooster.