



Pam Harrington is a Pilates instructor who has combined her two passions to create a synergy of Pilates and riding. She calls it Pilates for Equestrians. Pilates for Equestrians is a unique approach to both riding and Pilates. Harrington works with the rider to help develop balance, control, breath, alignment, body awareness and ease of movement. Pam also works with the rider's body mechanics and movement patterns to provide pain free riding for both horse and rider. She takes a personal approach with the rider finding the concepts that are currently challenging them in their riding. Then she integrates those concepts in a Pilates session and/or a riding session. She focuses on specific exercises and brings awareness to the rider of how their body moves with the horse. She teaches group mat classes for equestrians weekly at Cappaleigh Riding Academy in Longmont as well as monthly workshops and daily private sessions.

There are occasions when the rider believes the horse has a behavior problem when it is actually a result of the riding habits and patterns of the rider. Harrington identifies those patterns and presents how it is affecting the horse. Again, this creates harmony for horse and rider which is her goal in all sessions. She can work with only the rider or she can team up with the rider's instructor to create the most success for the client.

Harrington is certified in Pilates mat, reformer, pole system and chair through the Body Knowledge Method developed by Lara Kolesar. In addition to Pilates, her training integrated the concepts of Somatic Respiratory Integration as well as anatomy and Gyrotonic exercises. She also has done advanced training in Pilates for pregnancy, shoulder and knee issues. Harrington is the owner of Core Wisdom Pilates in Longmont Colorado and has been teaching professionally since 2008.

Harrington has been a rider for over 30 years. She was formerly the co-owner of Mountain Mammias Trails and Training. She is the Executive Director of Mountain Mammias Charities a 501c3 non-profit that provides Equine Assisted Psychotherapy programs for women and children. She has been apprenticing in Natural Horsemanship training since 2003 with trainer Jerry Ward. Harrington currently owns a Kentucky Spotted Saddle horse Gelding named Ziggy whom she rides English and a BLM Mustang named Sunny who she rides Western. She says they are both the best teachers she has ever had.