

ANYWHERE SADDLE

*Dreaming of sitting in your saddle or riding
your horse while at work?
Working from home with poor seating options?
Stiff hips when you stand up from your desk?*

The Anywhere Saddle Chair solves all of these problems!
.....and more!



**Now you can sit in a Saddle that is PORTABLE
and fits on ANY CHAIR!**

The Anywhere Saddle Chair is light weight, has a base needed for some chairs, and comes in a mesh bag for carrying ease.

ANYWHERE SADDLE



Maintain a Healthy Back with Movement with the Anywhere Saddle Chair

- Transform any traditional, stationary chair into a saddle with all its postural benefits
- The saddle-shaped seat will assist in training you to sit in a correct, fluid and upright posture that will enhance your riding.
- The supporting ball construction allows for an intuitive motion of the seat.
- The Saddle allows you to move in all directions, which makes the sitting experience dynamic.
- It keeps you moving, which enhances productivity and comfort during your working day.
- Small movements created by sitting on the Saddle improve core stability and back strength.



Movement is Therapy

- The common reason for employee absences due to back pain is from the lack of movement inherent in a stationary sitting position.
- Prevent health problems caused by prolonged, incorrect sitting posture by providing employees, family and friends with an Anywhere Saddle Chair.

Health Benefits

- The lower and middle back and core muscles are strengthened, as this sitting posture engages the entire core muscular system.
- Continuous small movements keep you active.
- The Anywhere Saddle Chair provides relief of back tension, inherent in incorrect sitting postures.
- Overall posture improves as the pelvis moves into a more upright position.
- Shoulder and knee pain are decreased by an improved position of the lower back.
- Pressure on the nerves can decrease in this sitting posture.
- Movement improves metabolism and circulation.



ANYWHERE SADDLE



Riders know how to sit

Wendy Murdoch an internationally recognized Riding Instructor and Clinician has been teaching riders how to sit correctly for over 30 years. Throughout her teachings she has often recommended an Exercise Ball to help aid riders while at work to improve their posture. However, exercise balls are awkward, difficult to store and take up a lot of room while leaving your chair filling valuable office space. She now recommends the Anywhere Saddle Chair! You can convert your office chair into an active seat with more dynamic range and a better hip position than can be achieved from sitting on an exercise ball.



“The Anywhere Saddle Chair is a game changer! Place it on any solid surface such as a mounting block before you ride, a plastic chair while watching lessons or at home between rides. The Anywhere Saddle Chair improves hip and lower back mobility, which is critical for riders of all levels and discipline.”



ANYWHERE SADDLE

Take it with you to:

Clinics and lessons to convert
a plastic chair into a saddle

Barn as a warm up before riding

On vacation | Meetings

Home | Office



Warning! Use the Anywhere Saddle Chair for ONLY a few minutes in the beginning. Active sitting requires different muscles and can cause fatigue and muscle soreness if you are not familiar with pelvic movement. Gradually increase the time you sit on the Anywhere Saddle Chair until you are free of any discomfort.

This is NOT A TOY! Do not leave the Anywhere Saddle Chair unattended or where children may sit on it unattended.

Overly active movement in the Anywhere Saddle Chair may cause it to slip out from underneath you. Use caution in the beginning until you familiarize yourself with the movement.