

A GYMNASTIC RIDING SYSTEM with DVD

MIND, BODY, & SPIRIT

Progressive
Training for
Rider and Horse

Includes
A PLATEWORKOUT FOR HORSES

Illustrated by **Clare Baker**



Betty Skelton with Jennifer D. Bryant

Gymnastic Riding System Using Mind Body And Spirit Progressive Tra

Roman Wölfel



Gymnastic Riding System Using Mind Body And Spirit Progressive Tra:

Gymnastic Riding System Using Mind, Body, & Spirit Betsy Steiner, 2015-03-01 A multifaceted training system for riders and horses of all levels. Most books discuss the physical aspects of riding: horse position, rider position, use of aids, schooling exercises, and movements. Betsy Steiner, however, an international rider and trainer, believes that the physical is just one third of the riding equation and that two equally important vital components, the intellectual and the psychological, are often ignored. Her approach to riding and training is to use the body, mind, and spirit all working together to create a rich experience. She calls gymnastic training that addresses horse and rider as the three-dimensional beings that they are. This training system is geared toward maintaining proper form and alignment, crucial for human and equine athletes alike. Progress is achieved by use of inventive gymnastic schooling exercises for the horse and a tailored program of Pilates exercises enabling the rider to become athletic, lithe, energetic, and flexible. **Equus**, 2003-07 **McClure's Magazine**, 1916 **McClure's Magazine** ... , 1916 *Gymnastic Dressage Training Using Mind, Body & Spirit* Betsy Steiner, Jennifer O. Bryant, 2006-02-06 This title provides an in-depth guide to the riding and training of horses but with a difference. The methods discussed involve a mind-body-spirit approach which is applied equally to horse and rider.

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