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Core Connection for Rider Horse: Preparing Body and Mind for Riding Performance in Partnership (Paperback)

By Lindsay Wilcox-Reid

The Crowood Press Ltd, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. The book outlines the connections within - the different factors affecting the horse/rider partnership (e.g. rider biomechanics, horse posture and proprioception, saddle balance, mental focus, how horses learn). Lindsay looks at how we can improve our own biomechanics, explains dysfunction patterns in the rider's body, and offers cutting-edge anti-spasm and nerve-mobility exercises to improve the rider's shock-absorption capacity. A chapter on fluidity and flow provides a unique standing exercise series to mobilise postural lines and unwind stuck patterns. There is an 8-week conditioning programme of short workouts, focussing on balancing the hip muscles and spinal mobility; and for the horse, a selection of highly effective exercises to improve his posture, carriage and muscle recruitment. There are tricks and tips to reduce training trials and tribulations, including how to sit even the biggest-moving horse's trot. She even explains how to teach your horse a language of aids for clear communication between horse and rider. The mind/body connection is also examined, using Emotional Freedom Technique to reduce performance anxiety and develop the skills of mental rehearsal - absolutely vital for creating and stimulating...



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