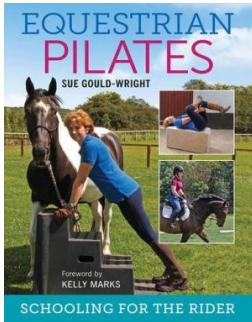


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EQUESTRIAN PILATES: SCHOOLING FOR THE RIDER (PAPERBACK)



The Crowood Press Ltd, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. In this book, Sue Gould-Wright, a qualified Pilates instructor and sports massage therapist, takes general Pilates principles and applies them specifically to riders needs. She recognises that most riders are pushed for time so her exercises are designed to be done pretty much anywhere - at the stable yard for instance - with no special equipment. Using photos and clear instructions she guides the...

Read PDF Equestrian Pilates: Schooling for the Rider (Paperback)

- Authored by Sue Gould-Wright
- Released at 2015



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Reviews

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