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Pilates for Riders: Align Your Spine and Control Your Core for a Perfect Position (Hardback)

By Lindsay Wilcox-Reid

The Crowood Press Ltd, United Kingdom, 2010. Hardback. Condition: New. Language: English . Brand New Book. Whether your goal is to reduce posture-related back pain or access that vital extra per cent out of your competition horse, Pilates is the solution you have been looking for. Pilates for Riders offers an holistic approach to body conditioning geared towards making you a better balanced, more effective and elegant rider. With simple practical solutions that really work, along with more advanced techniques for focusing body and mind on a more subtle level, this book is suitable for every rider from the weekend hacking enthusiast to the international competitor. Written by British Dressage trainer, rider and Pilates teacher Lindsay Wilcox-Reid, Pilates for Riders transfers alignment principles from studio to saddle with clarity and empathy. Lindsay s unique understanding of the trainer/rider/horse dynamic and approach to learning make this book an indispensable tool for trainers wishing to analyse their pupils position and influence on the horse more effectively. Lots of training tips, useful visualisations and clear photographs and illustrations mean improving your posture, position and performance are realistic and achievable goals.



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Reviews

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