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## Learning to Ride as an Adult

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By Erika Prockl

Hardback. Book Condition: New. Not Signed; Follow-on training exercises for loosening up, swinging, and rotation. This second volume is a modern manual of riding and movement instructions for riders with ambition, who want to ride their horses free of tension, with momentum, via the seat, and with light aids. The author continues her theme of refined gymnastic exercises for horse and rider. With the help of the large physio-ball, our proven training horse, the physical prerequisites for riding in harmony can be achieved in easy stages. The movement sequences for dressage tests at elementary and novice levels as well as all lateral movements are explained in straightforward, easy-to-follow terms. book.



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