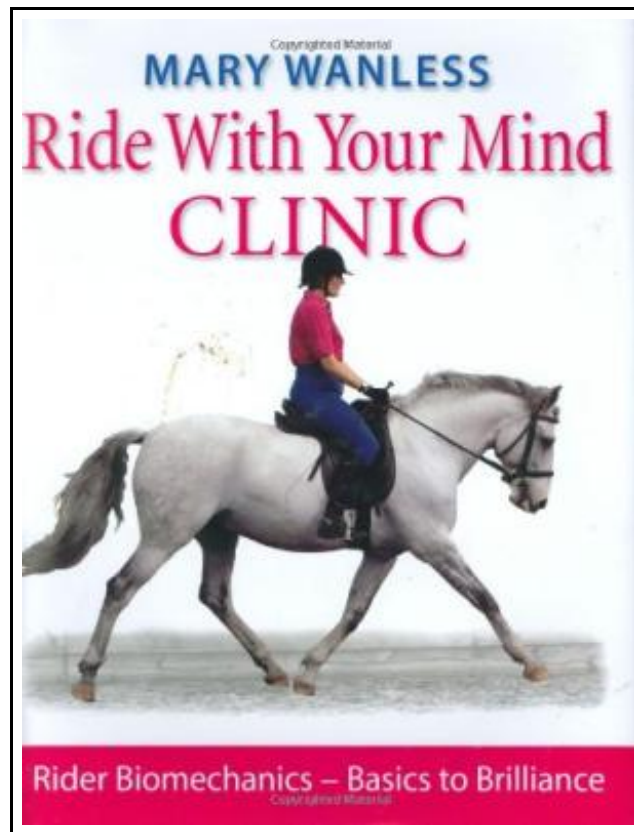


## Ride with Your Mind Clinic: Rider Biomechanics - From Basics to Brilliance (Hardback)



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### ***Reviews***


*Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
(Evie Emmerich)


## RIDE WITH YOUR MIND CLINIC: RIDER BIOMECHANICS - FROM BASICS TO BRILLIANCE (HARDBACK)




To get **Ride with Your Mind Clinic: Rider Biomechanics - From Basics to Brilliance (Hardback)** eBook, make sure you refer to the button under and save the ebook or get access to other information that are have conjunction with **RIDE WITH YOUR MIND CLINIC: RIDER BIOMECHANICS - FROM BASICS TO BRILLIANCE (HARDBACK)** ebook.

Quiller Publishing Ltd, United Kingdom, 2008. Hardback. Book Condition: New. 272 x 213 mm. Language: English . Brand New Book. Riding skills guru Mary Wanless looks at a series of common rider faults or problems and, through words and photos, explains how to correct them. Each fault or problem is demonstrated by a different rider - some working at basic level, others advanced. Mary gives each rider a lesson, taking them through the (often subtle) changes they have to make, and recording their progress with specially taken photographs. Readers can witness the changes taking place and understand through Mary s gifted teaching, how to make the necessary shift to improve their own riding skills.The before and after pictures show not only the improvements in the rider s position and effectiveness but also in their horse s way of going, for the two are interconnected. Among the topics for in-depth discussion are rider position, muscle tone and stabilisation; how our minds and bodies learn new techniques or change old habits; rider asymmetry; mental attitudes; lateral work; advanced work; and faults such as tipping forward, leaning back, hollowing the back, rounding the back, and pulling on the inside rein.

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