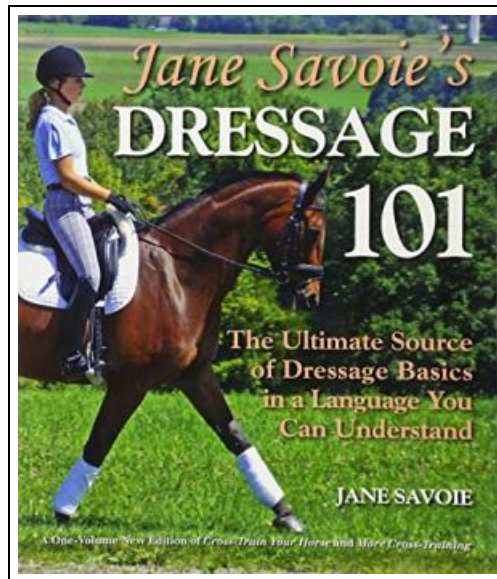


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TRAFALGAR SQUARE, United States, 2011. Paperback. Condition: New. Reprint. Language: English . Brand New Book. New equestrians are handed the keys to a deeper level of communication and harmony with their horses in this great starter guide to dressage. With her lighthearted style, Jane Savoie takes the mystery out of training and shows how dressage techniques can be used to improve every horse s athleticism, performance, and well-being, regardless of the rider s chosen sport. Starting from the building blocks of dressage--forward, straight, rhythm, gait, and contact--this handbook delivers an excellent starting point for neophytes. Simple details for flatwork, explanations of the process of suppling, a sample schooling session, and chapters on troubleshooting pesky problems are all clearly presented for the rider with little or no dressage experience. Hundreds of photos, diagrams, and drawings are also included to enliven the text. Dressage sometimes gets a bad rap. To many, dressage theory comes off as complex and antiquated, and dressage training as arduous and frustrating. Famous classical texts can be heavy reading and hard to understand. But the benefits of dressage are enormous, for both the rider and the horse, and for all disciplines--so how to make it less of a struggle, less of a mystery, and more of a sunny, happy, joyful pursuit? Turns out, it s easy if you have Jane Savoie s Dressage 101 in hand. Jane s highly illustrated how-to book is not only for beginning dressage enthusiasts, but also for those who have no intention of ever setting foot inside a competitive dressage arena. That s because dressage can help you clearly communicate with your horse and develop his body and movement, so that over time, he becomes more beautiful and athletic. You don t need a judge to tell you that is worthwhile! Dressage 101 provides a simple,...

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