



Improving the Rider's Position

By Joni Bentley, Carole Vincer

Quiller Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Improving the Rider's Position, Joni Bentley, Carole Vincer, This illustrated guide explains how to achieve a poised and effective riding position which will enhance performance and enable the rider to remain constantly in balance whether walking, trotting or cantering. It describes how to correct upper body alignment and improve leg positions, how to sit centrally on the seat bones and eliminate crooked posture, how to distribute your weight evenly, how to develop a sensitive rein contact, and how to avoid tension and fear while in the saddle.



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