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Horse Rider's Mechanic Workbook 2: Your Balance: Further improve your riding skill (Horse Rider's Mechanic Series)

Jane Myers

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Improving your balance is the key to further improving your riding. It is of key importance because without addressing the fundamental issues you cannot obtain an ‘independent seat’. This book contains several lessons for each of the three paces, walk, trot and canter. It builds on Horse Rider’s Mechanic Workbook 1: Your Position, teaching you how to implement your now improved position and become a safer and more secure rider. The lessons allow you to improve at your own pace, in your own time. They will compliment any instruction you are currently receiving because they concentrate on issues that are generally not covered by most instructors. This book also provides instructors, riding coaches and trainers with lots of valuable tips for teaching clients how to improve their balance. You cannot afford to miss out on this great opportunity to learn!

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