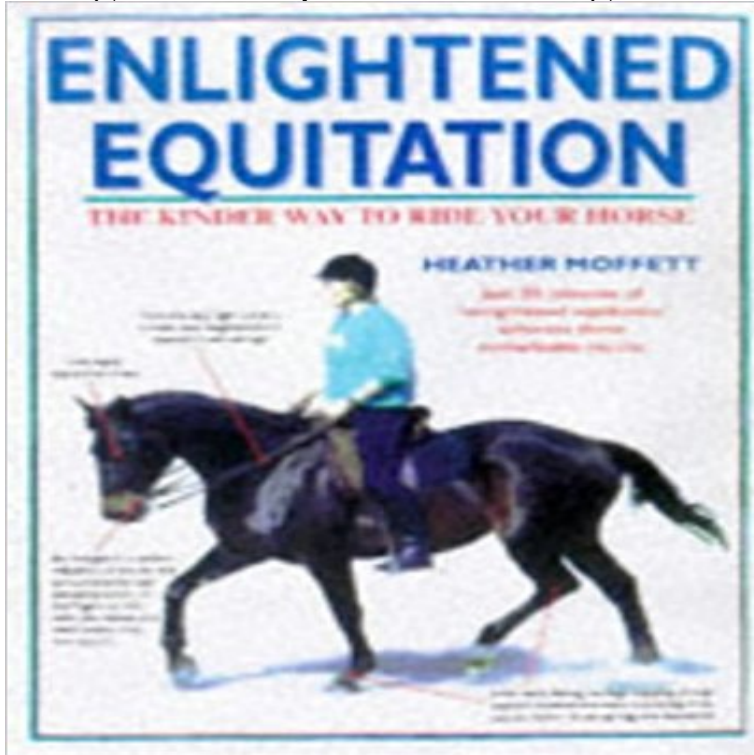


## Enlightened Equitation: Riding in True Harmony With Your Horse



This guide offers advice on achieving total synchronization with your horse, using non-confrontational training methods. The author argues that good horsemanship is about partnership not domination and aims to demystify the techniques of riding through simple, logical explanation and clear illustrations. The author shows readers how to mirror the movements of the horses back, absorbing his energy in trot and canter, and rising to the trot in perfect balance, without causing the horse any pain or discomfort.

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