



# Core Connection for Rider & Horse: Preparing Body and Mind for Riding Performance in Partnership

*Lindsay Wilcox-Reid*

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## **Core Connection for Rider & Horse: Preparing Body and Mind for Riding Performance in Partnership** Lindsay Wilcox-Reid

This long-awaited follow up to *Pilates for Riders* offers revolutionary rider performance techniques that gain results and are, quite simply, remarkable. The cutting-edge anti-spasm and mobilization exercises, unique standing series, sitting trot workout, and releasing work for tired, achy muscles, along with strength and conditioning in all the right places, combine to provide a program that can deliver extraordinary benefits in just 10 minutes per day. The horse's postural patterns and asymmetries are also explored, with practical, logical proprioceptive training ideas to incorporate into groundwork, in-hand, and ridden schooling sessions.

Whether you are a weekend hacking enthusiast, have international competition aspirations, or simply want to ride better, this book brings you a whole new series of effective and ethical tools to use with your horse.

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