



# 101 Dressage Exercises for Horse & Rider

*Jec Aristotle Ballou*

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## **101 Dressage Exercises for Horse & Rider** Jec Aristotle Ballou

Dressage is the ultimate achievement of oneness between horse and rider. This comprehensive training manual offers expert tips and practical exercises for mastering a variety of dressage techniques. Featuring a full arena diagram and step-by-step instructions for each exercise, this sturdy book is designed to allow the rider to hang it on a hook and refer to it from the saddle. You'll learn how to improve your riding position; master looseness, balance, and suspension; and perfect flying changes as you work toward dressage success.

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