

Becoming an
**EFFECTIVE
RIDER**



*Developing Your Mind and Body
for Balance and Unity*

By Cherry Hill

Becoming An Effective Rider Developing Your Mind And Body For Balance And Unity

Pamela J.G. Au



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know to safely and enjoyably keep their horse healthy and happy Veteran trainer Cherry Hill starts by making sure that the right animal is matched with the right rider then progresses through feeding grooming behavior safety and health care Encouraging their passion Hill provides a roadmap for young horse enthusiasts to responsibly care for their cherished companion *Horse Health Care* Cherry Hill, Richard Klimesh, 2014-07-22 A healthy horse is a happy horse Packed with dozens of essential health care skills every horse owner should know this guide will help you keep your animal healthy save you money and make your horse operation more self sufficient Cherry Hill provides illustrated step by step instructions for routine medical maintenance like hoof care dental exams and checking vital signs while also showing you how to deal with an injured horse and the correct techniques for treating wounds giving injections wrapping a leg and preventing infection

Ride Right with Daniel Stewart Daniel Stewart, 2015-07-01 Riders are athletes in the truest sense of the word yet the majority of them fail to treat themselves as such Most riders would never consider working a horse without first warming it up but fail to treat their own bodies with the same respect Daniel Stewart's Ride Right system will improve rider and horse performance simply by showing riders how to improve themselves There are three main phases in the Ride Right system Rider biomechanics the how and why of balance posture symmetry and body awareness strength stamina and suppleness The conditioning of the rider's body with specially designed stretching and fitness exercises rider frame of mind Sports psychology relaxation and visualization All these elements together with good health and nutrition will show riders how to excel **Library Journal**, 1992 **Paperbound Books in Print**, 1992 *Forthcoming Books* Rose Army, 1992 **Zen**

and the Horse Pamela J.G. Au, 2003-03-07 This is a very interesting and intelligent little book the author takes a unique approach to teaching centered balanced riding using Eastern philosophy as a context for mastering the art of equitation The author writes with credible authority and conveys ideas and concepts clearly and vividly Most important the book delivers what it promises It does provide specific advice for equestrians hoping to achieve this zen state in their riding As reviewed by Writers Digest 2004 I think this is the first writing that actually describes what I feel when I ride my horses I have never wanted to compete just reach that place of unity which will be an ongoing practice with the horse for the rest of my life No hurry to get somewhere only connect while there Maybe someday you will put this great book into visual movement in a video You have really taken the mechanics out and replaced with emotion awareness with motivation to feel With great respect to our patient teacher the horse Sincerely Chris in OR A must for the serious rider This book stayed on target and was easy to keep up with Most Zen horse books make me want to gag after 5 minutes but this author has both of her feet on the ground and a lot to say Buy it you and your horse will both benefit Chuck Click Here to go the authors website and more on Zen and the Horse The Cumulative Book Index, 1992 A world list of books in the English language *Unity between Horse and Rider* Anne Wilson, 2025-02-04 Many riders and horse owners are looking for a kinder more ethical way of interacting with their horses to fulfil the requirements of the modern Social Licence to Operate but also to enhance their

relationship with their animal In this book author and expert rider Anne Wilson demonstrates that we need look no further than the teachings of the great classical riding masters past and present Classical teachings are often misunderstood today This in depth book on classical principles aims to rectify that enlightening the reader on techniques which will enhance their own enjoyment as well as that of their horses Wilson provides a wealth of how to information via down to earth language and detailed imagery which will enable readers to put the principles into effect She throws light on hitherto much misunderstood aspects of horse training showing that when these principles are employed correctly the rider or trainer will experience an incomparable feeling of being at one with their horse Perhaps most importantly this book will help your horse enjoy dancing with his or her rider enhancing their physical and mental well being as well as their likely longevity Unity between Horse and Rider Classical Training for the Benefit of Both will be of great benefit to riders in any discipline who have basic knowledge and skills but wish to learn a more ethical fulfilling way of training and riding For riders riding professionals students and trainers classical riding is the key to a happy life for horse and human alike Cruise Control... Fine Tuning Your Horse's Performance Kenny Harlow,2010-12 If you have followed the program detailed in my first three manuals you can take pride in how you have been Moving Forward with your horse s training You ve gotten the front end aligned started the engine and have begun to harness all the power possessed by your equine partner Now it s time to adjust the carburetor and experience the joy of riding in Cruise Control This is the fourth and final edition in a series of Training Manuals which allow you to train your horse from start to finish using Kenny Harlow s proven techniques Now it is time to raise your expectations With this book you will fine tune your horse s performance and move on to the final stages of connecting his body parts to create balance and unity Are you ready for the optimum ride Okay then let s shift into Cruise Control **Small Pleasures** Justine Toms,2008-08-28 Small Pleasures is a collection of forty nine short meditative essays that help readers to turn aside from their chaotic lives for a while to experience grace and possibility in the small critically important things in life Author Justine Toms divides the book into five sections each with essays that draw upon her many connections and her wealth of experiences A Broad Horizon How We See Ourselves in the World Animals and Nature as Teacher Be an Activist without Driving Yourself Crazy With a Little Help from Our Friends Circles and Friendships Celebrations and Rituals With a foreword by author Carole Lee Flinders co author of Laurel s Kitchen Small Pleasures offers many ways for readers to tune in to their daily lives and connect with what is good meaningful and beautiful **Whitaker's Books in Print** ,1998 Small Press Record of Books in Print Len Fulton,1993 Books in Print ,1994 **Equus** ,2003-07 **Bulletin of the Atomic Scientists** ,1970-06 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin s iconic Doomsday Clock stimulates solutions for a safer world

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