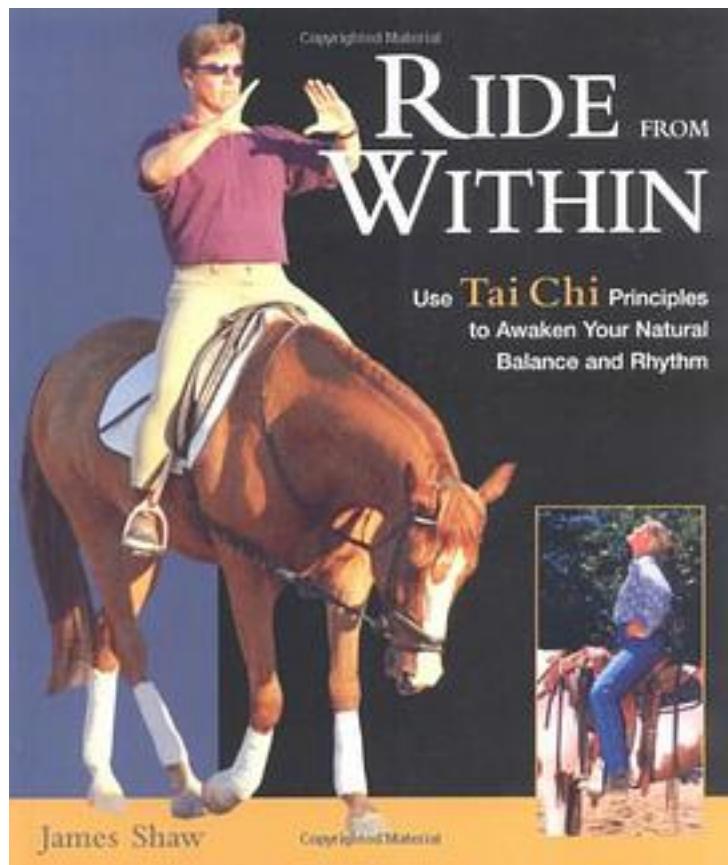


# Ride from within



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An exploration of Tai Chi as it relates to riding and to developing a mind-body connection both on and off the horse.

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