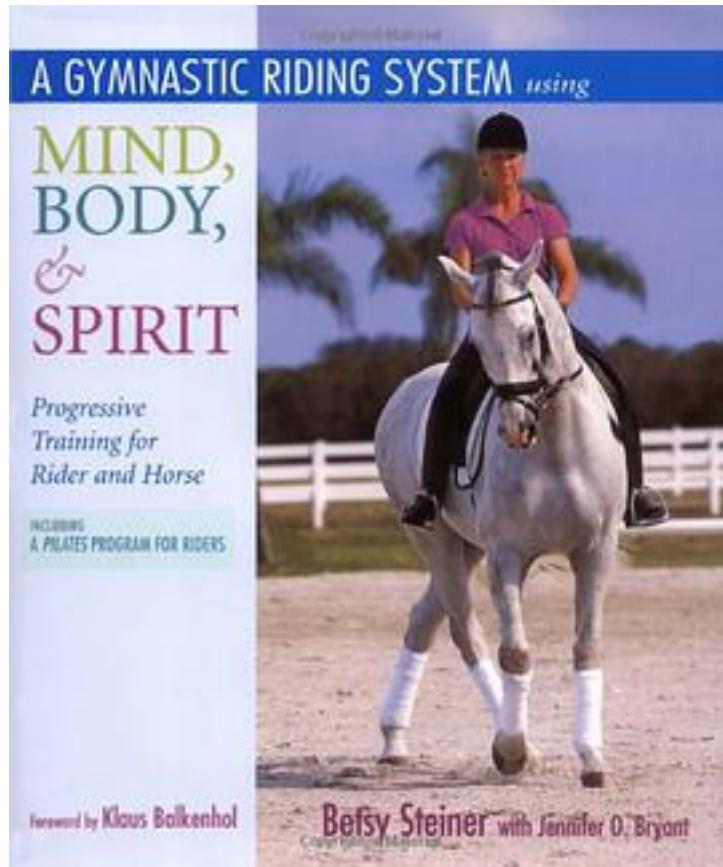


A Gymnastic Riding System Using Mind, Body, and Spirit



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A unique, highly illustrated book that offers training techniques for the mind, body, and spirit of both rider and horse, including a specially designed Pilates program for riders.

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