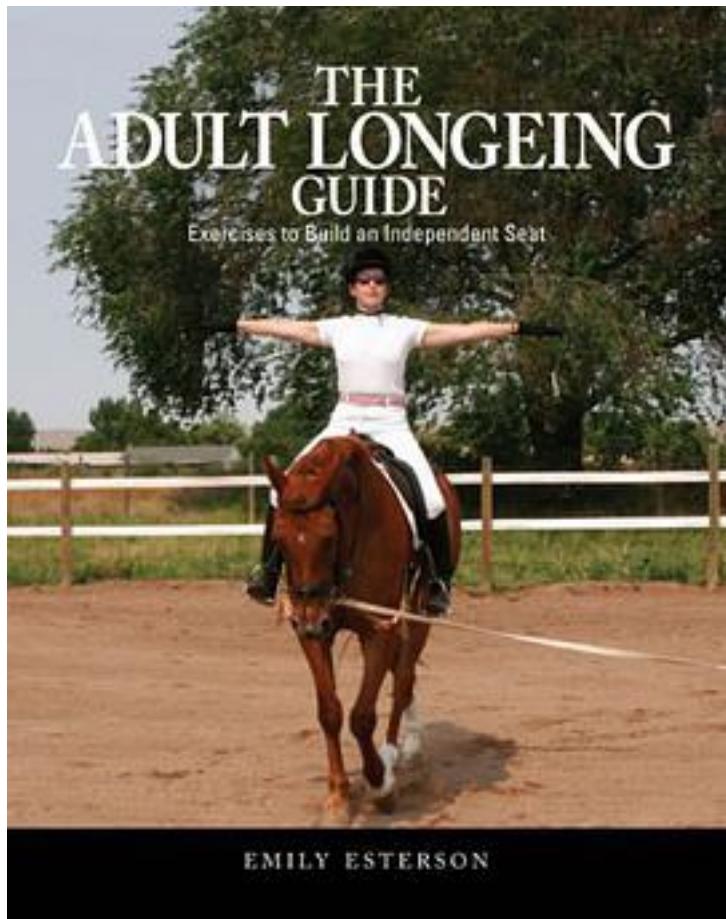


Adult Longeing Guide



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Longeing (pronounced "lungeing") is the exercise where a person holds a long line attached to a horse's bridle and encourages the horse to walk in a circle. Although longeing is primarily an exercise that requires no rider, it's also a great skill for a rider to learn. It enables two riders to work in teams with one horse, and it helps build an

"independent seat," the goal of every rider. There is no other book on the market about longeing, and Emily Esterson's easy-to-follow instructions are accompanied by dozens of photos in every chapter. Emily Esterson is a riding teacher and journalist whose work appears in "Dressage Today," "Equus, John Lyons' Perfect Horse" and "Equestrian Retailer," She lives in Albuquerque, New Mexico.

作者介绍:

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