

Light and Easy Dressage

Light and Easy **DRESSAGE**



*How to Enjoy and Succeed at
Dressage at Every Level*

PENNY HILLSDON

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'I want this book to unfold opportunities for you, for talents to be released and realized, for you to come closer to your horse. I want dressage principles to be embedded in your everyday riding. This is what dressage is about, forget the

half-passes, the pirouettes, the fancy movements and the extended trots; dressage is training the horse, and it rests on understanding between man and beast. This is dressage trainer Penny Hillsdon's goal as years of working with horse and rider partnerships has shown her that good dressage makes a healthy happy horse, and a happy horse makes a happy rider; these qualities produce harmony. The novice dressage rider wants to know how to attain this and in this inspiring and eminently practical new book, Penny Hillsdon encourages riders to feel the joy of dressage, unravelling misunderstandings, rooting out frustrations and filling in the gaps of knowledge. With technique explained, handy tips offered and information clearly presented, "Light and Easy Dressage" is the key to dressage that is both enjoyable and successful.

作者介绍:

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