

# RIDING SUCCESS WITHOUT STRESS

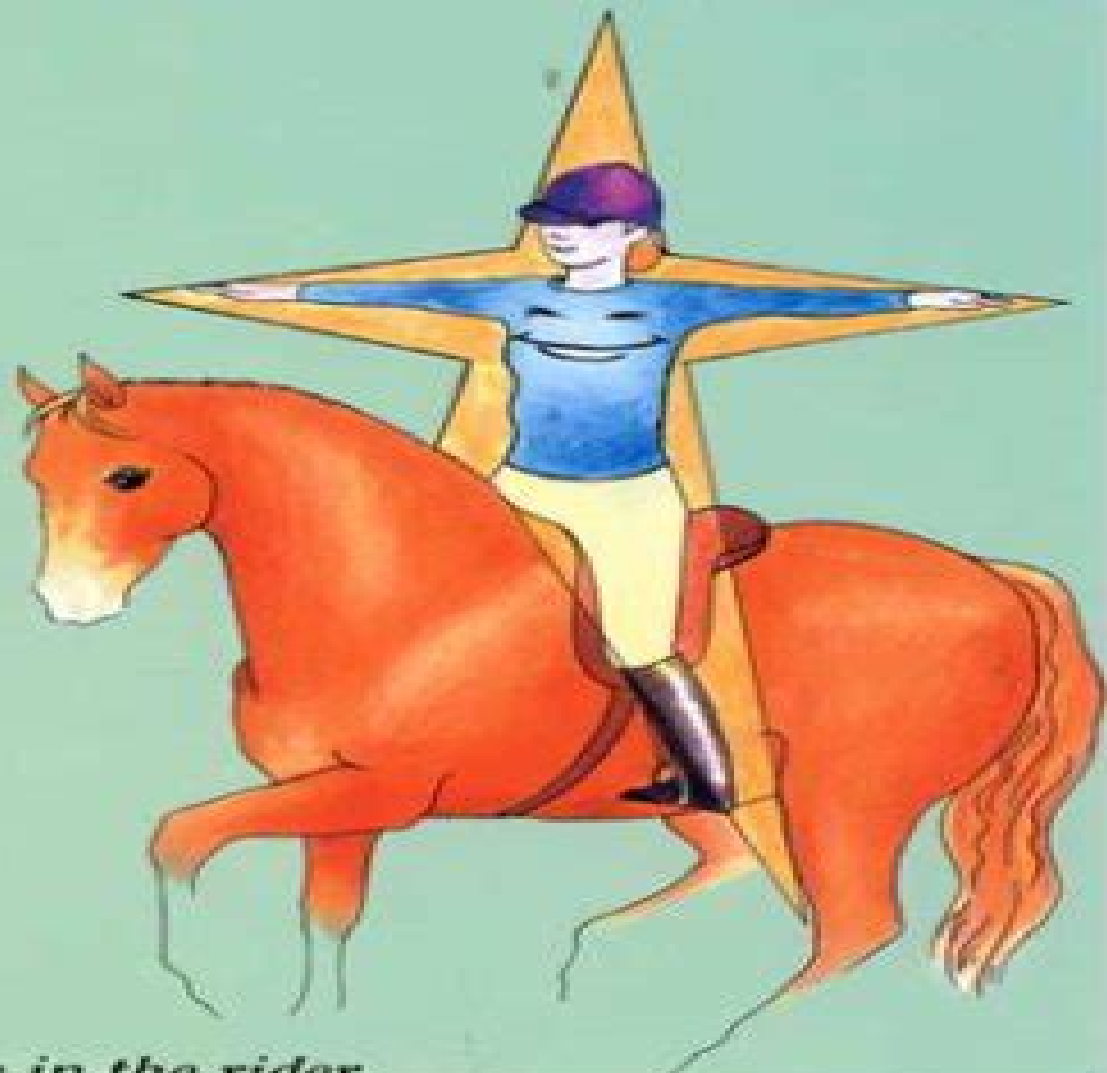
*Introducing the Alexander Technique*

*Joni Bentley*



**BOOK 1**

*Developing self-carriage in the rider*



# Riding Success Without Stress

**Mike Stone**



## **Riding Success Without Stress:**

**Riding Success Without Stress** Joni Bentley, 1999 The Alexander technique works to correct poor posture in order to improve coordination and to relieve stress in both mind and body In this book the author applies the technique to horse riding aiming to raise skill standards and enhance the wellbeing and performance of both horse and rider **Riding Success Without Stress** Joni Bentley, 1999 Joni Bentley's unique expertise is a direct result of being a qualified practitioner not only of the Alexander Technique but also of Classical dressage stress management and functional medicine It is a rare person who can combine all these areas in order to reveal a new and much needed holistic dimension in the training of horse and rider In *Riding Success Without Stress* the author demonstrates with clarity and perception how incorrect habits and negativity can be eradicated at source and replaced with calmness straightness and grace by the application of the Alexander Technique and the Classical school This book demonstrates how the Alexander Technique training programme ensures that by optimising the use of your own mind and body you can optimise the use of your horse and ride to success completely without stress This ground breaking and revolutionary book provides invaluable and thought provoking information for the benefit of all riders and their horses Publisher's description [The Alexander Technique Resource Book](#) John B. Harer, Sharon Munden, 2008-12-24 The Alexander Technique is a hands on educational method that helps individuals learn how to eliminate tension in the body caused by habitual limitations in the way they move and think The health benefits of the Alexander Technique are both physical and emotional It improves balance posture and stamina and has been shown to improve cognitive functions And it was practiced and endorsed by renowned philosopher and educator John Dewey The *Alexander Technique Resource Book* provides guidance and information that aids in studying the technique and locating sources for further research in the field It contains information on print audio video and web based resources and includes a description of the basic principles and benefits of the Alexander Technique This book benefits students scholars and researchers as well as musicians actors and athletes looking to enhance performance in physical activities It is a helpful resource for anyone seeking information on alternative and complementary medicines like the Alexander Technique

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would help me manage my stress better But when the statins cholesterol lowering medication kicked in even rehab didn't prepare me for the nightmare that I went thru the following 2 years until I rebelled and started researching for myself and couldn't believe what I had discovered and maybe what really caused my heart attack See press release at <http://www.prweb.com/releases/2005/11/prweb309178.htm> Also available in E book format See <http://www.lulu.com/content/160282> AUGUST 2005 SECOND EDITION

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