

RIDING SUCCESS WITHOUT STRESS

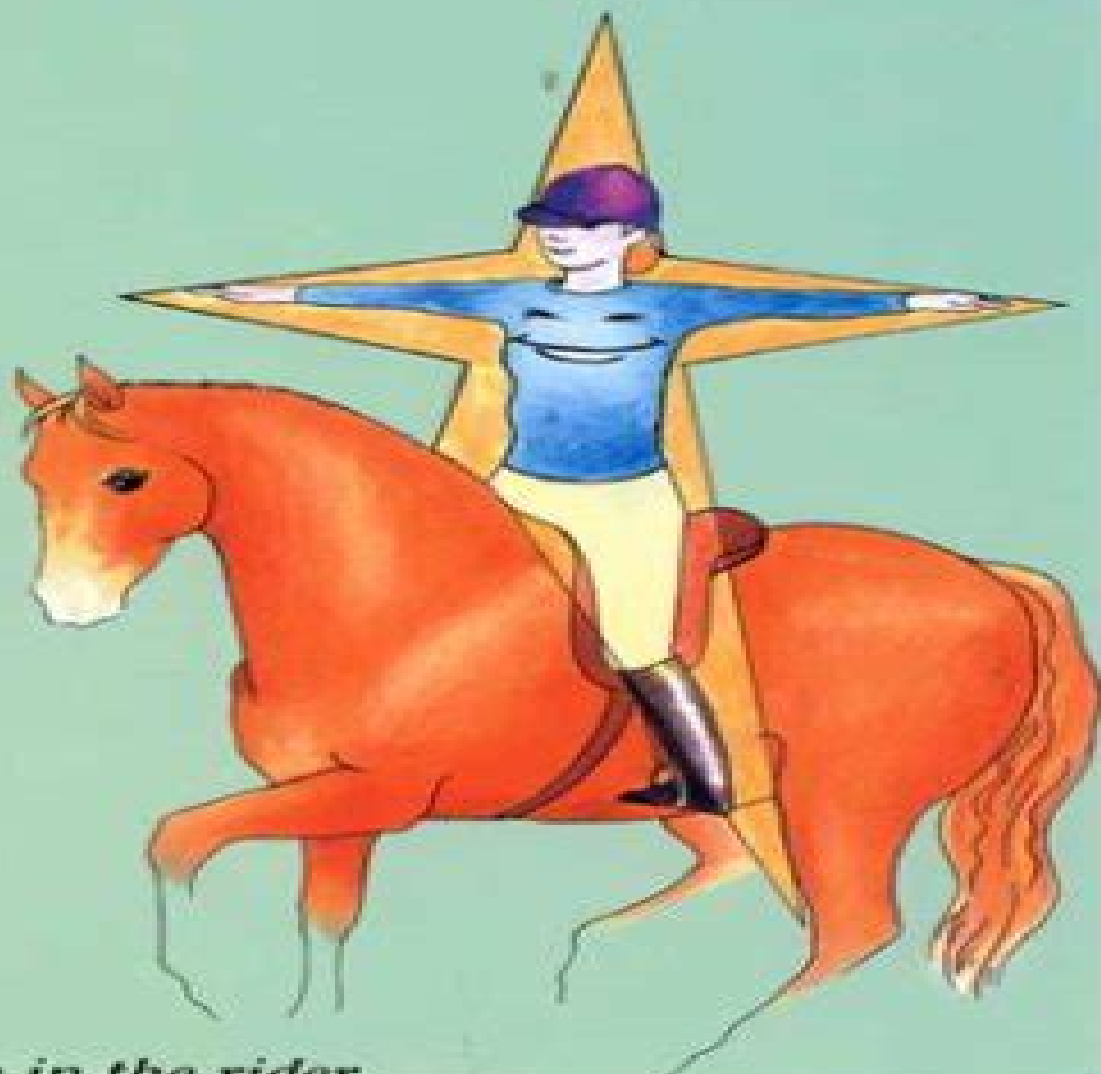
Introducing the Alexander Technique

Joni Bentley



BOOK 1

Developing self-carriage in the rider



Riding Success Without Stress

Peter Brookesmith



Riding Success Without Stress:

Riding Success Without Stress Joni Bentley, 1999 The Alexander technique works to correct poor posture in order to improve co ordination 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 **Equine-Assisted Therapy and Learning with At-Risk Young People** Hannah Burgon, 2014-04-23 This book provides an overview of the field of Equine Assisted Therapy and Learning and gives a powerful account of a research study charting the experiences of seven at risk young people attending a pioneering Therapeutic Horsemanship centre in the UK The book includes a foreword from Leif Hallberg author of *Walking the Way of the Horse* **Beat Back Pain with the Alexander Technique** Richard Craze, 2010-01-29 The Alexander Technique is now proven to overcome back pain and is recommended by the NHS to sufferers Buying this book might save you a visit to your doctor but more importantly will give you a simple no nonsense step by step guide to how to use this technique It makes the physical facts easy to understand and the spiritual aspect straightforward with simple language making sure that you benefit from better mental health as well as a pain free life NOT

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Decoding **Riding Success Without Stress**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Riding Success Without Stress**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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