



## **Ride in Balance: Expand your Riding Skills with Body Awareness and Pilates Exercises**

*Beth Glosten*

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# Ride in Balance: Expand your Riding Skills with Body Awareness and Pilates Exercises

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## **Ride in Balance: Expand your Riding Skills with Body Awareness and Pilates Exercises** Beth Glosten

A clearly presented, logical approach to rider function, *Ride in Balance* will give you the tools you need to perfect your position and effectiveness in the saddle. Dr. Glosten guides you to understand your body and improve its function *off* your horse so you can have a healthy and enjoyable experience *on* your horse.

*Ride in Balance* includes:

- The Rider Checklist - a way to organize awareness of YOUR body while riding.
- Basic anatomy, clearly described, to help you understand your body for improved performance
- Over 50 Pilates-based exercises to help you develop specific riding skills
- 24 case examples with solutions to common rider position problems

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