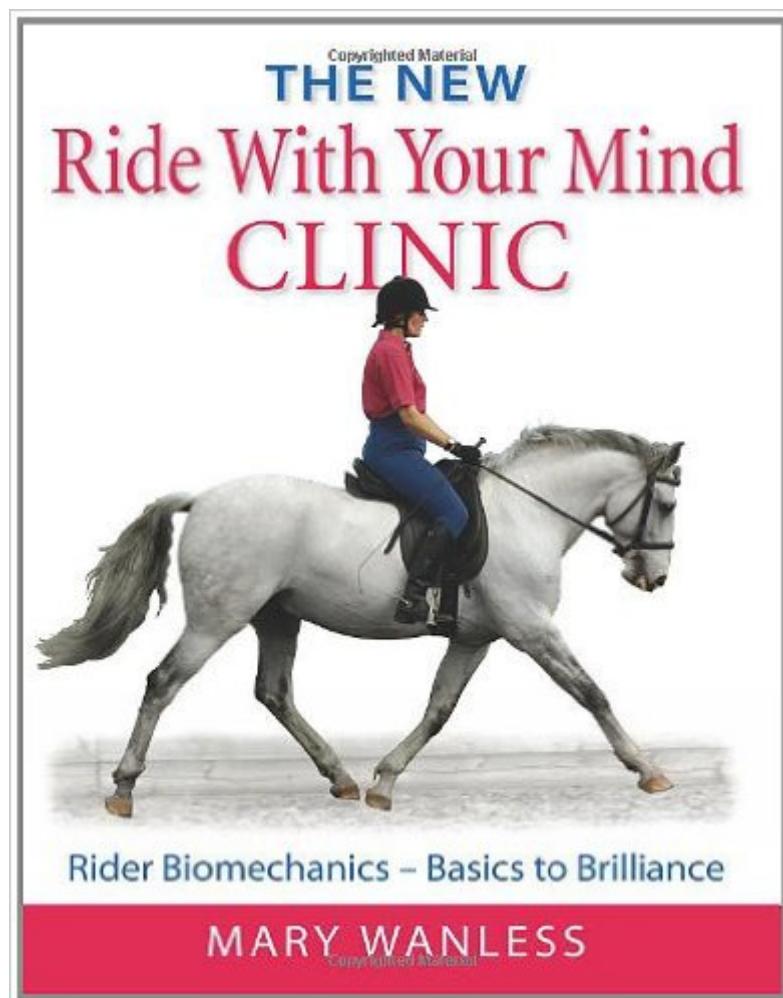


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# The New Ride With Your Mind Clinic: Rider Biomechanics-Basics To Brilliance



## Synopsis

Mary Wanless helped revolutionize riding, and teaching riding, with her best-selling books and videos describing her Ride with Your Mind technique. Now she's back with exciting new ideas and exercises that she has discovered since writing her previous books. She delivers these tantalizing tidbits of riding know-how in the form of a riding "clinic": join her in the arena as her students of varying levels of experience and ability demonstrate common problems with riding position and aiding. Series photos and Wanless's corresponding commentary expose issues most riders struggle with throughout their riding careers, and how those issues affect the horse's way of going. Wanless then explains how to practically deal with such rider roadblocks by clarifying error through language and practicing exercises both on and off the horse. Find out how to use Wanless's methods to improve faults such as: • Tipping forward • Leaning back • Hollowing the back • Rounding the back • Asymmetries in the saddle • And more.

## Book Information

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Average Customer Review: 4.9 out of 5 stars • See all reviews (19 customer reviews)

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## Customer Reviews

This book is a fabulous how-to for riders who need more from their lesson than an instructor who shouts the same old instruction, only louder, when the rider is unable to do what she is told. Mary unlocks biomechanical errors that riders make and gives clear description for correct body alignment. If you are stuck at a plateau, or lucky enough to begin riding before making common mistakes, I highly recommend the help that is available in this 'clinic'.Melody

Other reviewers have detailed what about this book makes it so wonderful and helpful. Even the

best instructors have inherent limitations. I happen to have a wonderful instructor, but she simply cannot get inside my body in order to identify all of my flaws. She also cannot spend the lesson entirely on didactic instruction, and I cannot afford to pay for several hours of lessons per week. I've searched for a book to complement my riding lessons, and here it is. Now I feel that my lessons are more valuable, and that I can make enough progress that I don't leave every other lesson wondering if I can really do this. Get this book if you ride!

I read this (the 1st time) when I was struggling to put together a 65%+ first level test - and found answers here that have me returning over & over. While other books focus on the aids to give the horse, this author zeros in on the defining element of moving up the training scale: the rider **MUST** be correct for the horse to be correct. Very useful as you start to school 2nd & 3rd level. Very good descriptions for instructors to refer to! GREAT book for a weekend riding retreat, or book club study, as discussion of the topics is very helpful! Excellent information that has been discussed with my own trainer over & over! Incidentally, Heather Blitz, a long time student of the author, rode at that 2011 PanAm Games to a Team Gold!

Mary Wanless does a clinic-in-a-book with "Ride with Your Mind", as she follows several riders while correcting their riding posture and balance to bring their horses more into balance. The issues the riders have are common to many and the book is written in a way that is very understandable, explaining the "same old thing" in a brand new way so it makes a lot of sense.

This book is amazing, and exactly what I was looking for. I had never actually heard of Mary Wanless until I read this book, but I am captivated by her style. Down to earth, she just makes sense! Instead of some of the overly vague descriptions other books suffer from (balance your weight....) she is precise and specific, with wonderful illustrations and descriptions so you can get a very clear idea of what she is discussing. My riding, and the way I approach (think about) my riding has absolutely improved since I started this book - definitely belongs in the libraries of anyone serious about improving their english riding!

Using these techniques has changed my whole way of riding. The connection between my horse and I has increased exponentially. This is what I have been looking for for a long time. Would recommend anything bY Mary wanless

Mary Wanless comes to us again with very well studied and communicated directives for the rider. Especially enlightening is an explanation of why 'talented' riders are so often unable to communicate innate abilities that they (unfortunately) presume are present in all riders. ("Brainscape/Wordscape" diagram and discussion.) If you are happy to pay your own instructor to "recite the catechism" of 'more forward, flex, now inside rein, half half, quicken the hindleg, etc.' then this book is probably not for you. Only hardworking, thinking riders with a well developed work ethic and compassion for the horse need proceed.

Mary Wanless is an excellent instructor and knows how to get the mind to understand riding concepts clearly and there are excellent illustrations in the book.

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