



# Equestrian Pilates: Schooling for the Rider

*Sue Gould-Wright*

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## **Equestrian Pilates: Schooling for the Rider** Sue Gould-Wright

In this book, Sue Gould-Wright, a qualified Pilates instructor and sports massage therapist, takes general Pilates principles and applies them specifically to riders' needs. She recognizes that most riders are pushed for time so her exercises are designed to be done pretty much anywhere — at the stable yard for instance — with no special equipment. Using photos and clear instructions she guides the rider through numerous exercises aimed at improving core stability, body awareness, independent movement, breathing, flexibility, and mobility — qualities that are so important when in the saddle, and around horses generally.

Most of the exercises relate to enhancing riding performance and comfort, and eliminating riding 'faults', but Sue also offers advice on how better to perform everyday barn tasks, like sweeping, grooming, lifting hay bales, etc.

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