



Rider & Horse Back to Back DVD

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The back is at the heart of every movement of the rider on horseback - and yet it is too often a weak point for a living being who spends most of his or her time sitting down. This film shows more than 50 practical exercises, both ridden and on the lunge, for back-friendly training. The film also offers many more practical tips to improve feel and to learn how to move your own back better, working around your body's weaknesses and using positive training to prevent straining - useful knowledge for every rider and trainer. Author Biography: Susanne von Dietze is a physiotherapist, riding instructor, and upper level dressage rider. Her background in physiotherapy enables her to understand the complex physical relationship essential between horse and rider.

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