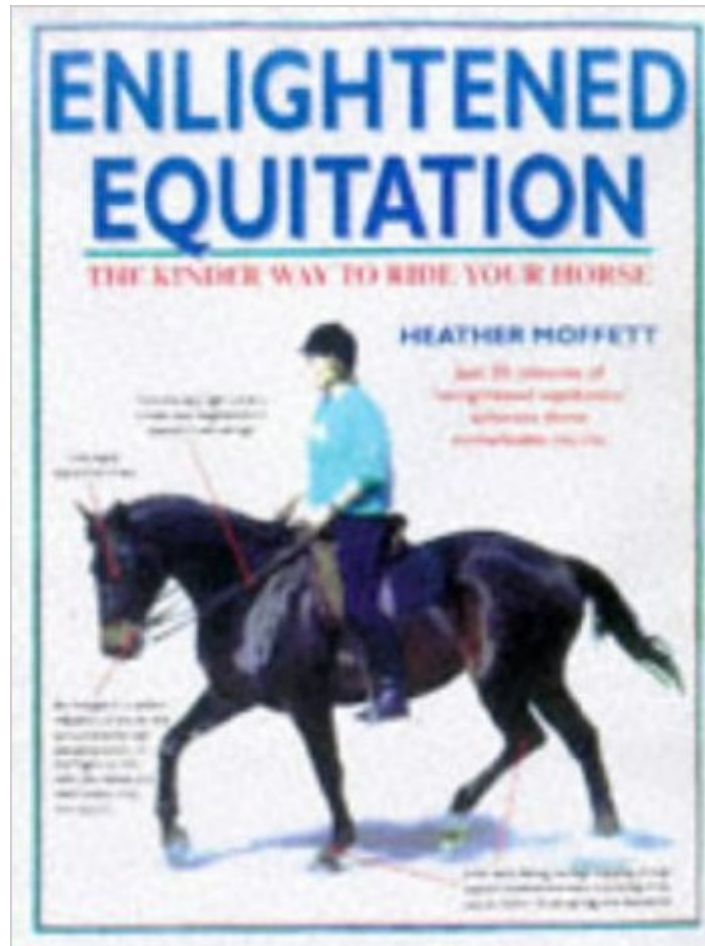


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# Enlightened Equitation: Riding In True Harmony With Your Horse



## Synopsis

This guide offers advice on achieving total synchronization with your horse, using non-confrontational training methods. The author argues that good horsemanship is about partnership not domination and aims to demystify the techniques of riding through simple, logical explanation and clear illustrations. The author shows readers how to mirror the movements of the horse's back, absorbing his energy in trot and canter, and rising to the trot in perfect balance, without causing the horse any pain or discomfort.

## Book Information

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## Customer Reviews

At last - a simple, easy to understand method of putting classical riding principles into practice- and it really works! I've spent years reading textbooks that described a quiet, elegant, horse-friendly way of riding but didn't explain how to achieve this. The "Enlightened Equitation" approach has revolutionised my riding style and my horse Carrie is happier too. Why didn't someone teach me this way when I started riding over twenty years ago? Carrie just wishes I'd read the book before I started riding her 4 years ago! The book is written in a chatty, conversational style. It's just like having a series of one-to-one lessons with a top dressage trainer but the techniques can be applied to any equestrian discipline. Now I understand how all those riders I admire (such as the late Reiner Klimke) manage to make riding look so graceful and elegant with little apparent effort. This book unlocks all the mysteries of absorbing the movement and working in harmony with the horse. Before I read the book I thought only those with natural talent could ride so gracefully. Now I know

differently. I found it really helpful that the book used ordinary horses and riders to demonstrate the techniques. It really pressed home to me that you don't have to be a top level rider to ride safely, effectively and gracefully. All the horses photographed in the book ridden in the way that Heather promotes look so happy. Just look at the difference in the horse shown on the front and back covers of the book. The back cover shows the before photo. The front cover photo - taken 20 minutes later - shows the after! It looks like a different horse - the mare on the front cover is going forward in a good outline and she looks much more relaxed. Heather's emphasis on putting the horse's welfare first is very much in line with my thinking. I must admit that I was a bit taken aback to find that Heather actively promoted using the pelham as a remedial bit. But when I read the explanation and saw how happy the horses photographed looked I was persuaded by Heather's arguments for using a pelham. I'm lucky - with the new techniques my heavyweight cob mare will go sweetly in a snaffle - but on the basis of what I've seen demonstrated in the book I wouldn't hesitate to change to a pelham rather than "saw" away at her mouth in a snaffle. The book is invaluable for novice and experienced riders alike. I go back to my copy time and time again to check my understanding and I always learn something new. I also refer constantly to the definitions of equestrian terms and to the aid checklists for various movements. I now have a very clear understanding of the biomechanical basis for using the aids that Heather describes and can vouch for them working. This book should be compulsory reading for anyone who rides.

I have been riding for many years and have had many instructors - all properly qualified - yet Heather's book gave me some new insights and ideas that no-one had offered me before. These have all contributed to a major improvement in both my riding and my horse's way of going and our overall performance as a result. I can't agree with your reviewer who feels it is wrong to advocate the use of the Pelham. My horse is very happy in a Pelham and I know many excellent riders who would agree with Heather that it can be a wonderful aid (although obviously it has to be used correctly and sensitively). Equally, I don't agree with the same reviewer about the pictures. I find it rather encouraging to see photos of ordinary riders with ordinary horses, all with problems, rather than a line-up of people who I (at any rate) will never be able to emulate. I believe a lot of these photos were of people who had only visited Heather for one or two lessons, not products of years of her teaching. I think this book would be of enormous value to anyone, whether novice or experienced, who feels that they are not making the progress they hoped for with conventional teaching and are looking for something different, simple and effective.

This is a clear, concise guide to the way to use your body on a horse to make your riding experience a pleasant one for both you and your horse. My riding has improved remarkably because I now understand what to do with my seat and legs in order to communicate with my horse. I have heard so many times, "OK now do a half halt", or "sit deep in the saddle" and had NEVER understood HOW to do it until I read this book. I highly recommend it to any rider, at any level. I very highly recommend it to any riding instructor!

This is the best book I have read about riding. Not satisfied with the way riding was being taught, Heather takes the reader back through a logical, reasoned approach to riding. She gives detailed practical help that is jargon free and will cure many of the common problems that riders develop (often through no fault of their own). Referencing the classical principles of riding Heather examines how through understanding the horse, its feelings and the mechanics of riding you can ride in a sympathetic, gentle way without hindering the horse or his movement. She also shows how to use subtle aids that all horses understand and respond to. The book challenges many of the accepted ways of learning to ride; showing that what people are commonly taught is often counterproductive and leads to confusion of the rider and horse. There are lots of popular phrases in riding like 'inside leg to outside hand' and 'sitting deep' which are bandied around by riders and instructors and often understood by neither. Heather's book shows you exactly what to do, without mystery or confusing imagery. Profusely illustrated with riders and horses of all shapes, sizes and abilities, the many before and after shots show what can be achieved by application of the principles explained in the book. If you are a beginner, or have some experience but feel your riding has got stuck then I'd strongly recommend you get this book. It could change the way you ride forever.

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