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By Jec Aristotle Ballou

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Dressage is the ultimate achievement of oneness between horse and rider. This comprehensive training manual offers expert tips and practical exercises for mastering a variety of dressage techniques. Featuring a full arena diagram and step-by-step instructions for each exercise, this sturdy book is designed to allow the rider to hang it on a hook and refer to it from the saddle. You'll learn how to improve your riding position; master looseness, balance, and suspension; and perfect flying changes as you work toward dressage success.

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Editorial Review

About the Author

Jec Ballou is the author of *101 Western Dressage Exercises for Horse & Rider*, *101 Dressage Exercises for Horse & Rider*, and *Equine Fitness*. She is a national advisor to the Western Dressage Association of America and contributed to the current rules for the sport. She teaches clinics across the United States. She lives in Santa Cruz, California.

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