

[PDF] 50 5-Minute Fixes To Improve Your Riding: Simple Solutions For Better Position And Performance In No Time

Wendy Murdoch - pdf download free book



Books Details:

Title: 50 5-Minute Fixes to Improve

Author: Wendy Murdoch

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Description:

Review

"If you've got five minutes to spare in your day, then Wendy Murdoch can show you 50 ways to fine-

tune your riding skills . . . The book scores bonus points for its pleasing layout, full of four-color photos to illustrate each exercise." —*Horsemen's Yankee Pedlar*

"There are 50 fixes divided into body areas for quick reference. . . . The fixes begin with balancing your head and become more and more challenging as they continue to the back of the book. Excellent photos leave no doubt as to how to do it. This is really good stuff." —*Dressage Today* (February 2013)

About the Author

Wendy Murdoch is a riding instructor who is trained in the Centered Riding technique and a writer. She is the author of several books, including *Simplify Your Riding*, the creator of the DVD set *Ride Like a Natural*, and a contributor to numerous publications such as *EQUUS*, *NRHA Reiner*, *Practical Horseman*, and *USDF Connection*. She lives in Washington, Virginia.

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