



The New Ride with Your Mind Clinic: Rider Biomechanics-Basics to Brilliance

Mary Wanless

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Mary Wanless helped revolutionize riding, and *teaching* riding, with her best-selling books and videos describing her Ride with Your Mind technique. Now she's back with exciting new ideas and exercises that she has discovered since writing her previous books. She delivers these tantalizing tidbits of riding know-how in the form of a riding "clinic": join her in the arena as her students of varying levels of experience and ability demonstrate common problems with riding position and aiding. Series photos and Wanless's corresponding commentary expose issues most riders struggle with throughout their riding careers, and how those issues affect the horse's way of going. Wanless then explains how to practically deal with such rider roadblocks by clarifying error through language and practicing exercises both on and off the horse. Find out how to use Wanless's methods to improve faults such as: • Tipping forward • Leaning back • Hollowing the back • Rounding the back • Asymmetries in the saddle • And more.

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