# RIDING SUCCESS WITHOUT STRESS

Introducing the Alexander Technique

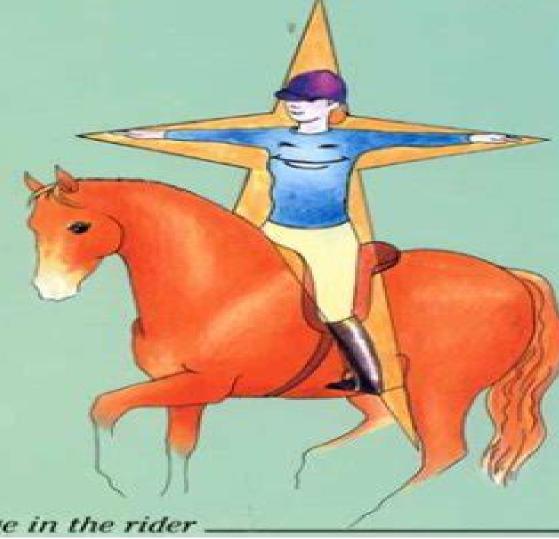
# Joni Bentley







BOOK 1



Developing self-carriage in the rider

# **Riding Success Without Stress 1**

**Pasquale De Marco** 

#### **Riding Success Without Stress 1:**

Riding Success Without Stress Joni Bentley, 1999 Joni Bentley's unique expertise is a direct result of being a qualified practitioner not only of the Alexander Technique but also of Classical dressage stress management and functional medicine It is a rare person who can combine all these areas in order to reveal a new and much needed holistic dimension in the training of horse and rider In Riding Success Without Stress the author demonstrates with clarity and perception how incorrect habits and negativity can be eradicated at source and replaced with calmness straightness and grace by the application of the Alexander Technique and the Classical school This book demonstrates how the Alexander Technique training programme ensures that by optimising the use of your own mind and body you can optimise the use of your horse and ride to success completely without stress This ground breaking and revolutionary book provides invaluable and thought provoking information for the benefit of all riders and their horses Publisher's description The Alexander Technique Resource **Book** John B. Harer, Sharon Munden, 2008-12-24 The Alexander Technique is a hands on educational method that helps individuals learn how to eliminate tension in the body caused by habitual limitations in the way they move and think The health benefits of the Alexander Technique are both physical and emotional It improves balance posture and stamina and has been shown to improve cognitive functions And it was practiced and endorsed by renowned philosopher and educator John Dewey The Alexander Technique Resource Book provides guidance and information that aids in studying the technique and locating sources for further research in the field It contains information on print audio video and web based resources and includes a description of the basic principles and benefits of the Alexander Technique This book benefits students scholars and researchers as well as musicians actors and athletes looking to enhance performance in physical activities It is a helpful resource for anyone seeking information on alternative and complementary medicines like the Alexander Technique Back Pain with the Alexander Technique Richard Craze, 2010-01-29 The Alexander Technique is now proven to overcome back pain and is recommended by the NHS to sufferers Buying this book might save you a visit to your doctor but more importantly will give you a simple no nonsense step by step guide to how to use this technique It makes the physical facts easy to understand and the spiritual aspect straightforward with simple language making sure that you benefit from better mental health as well as a pain free life NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www teachyourself com to give you a richer understanding of the Alexander Technique FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it Equine-Assisted Therapy and Learning with At-Risk Young People Hannah Burgon, 2014-04-23 This book provides an overview of the field of Equine Assisted Therapy and Learning and gives a powerful account of a research study charting the experiences of seven at risk young people attending a pioneering Therapeutic Horsemanship centre in the UK The book includes a foreword from Leif Hallberg author of Walking the Way of the Horse

Riding Success Without Stress Ioni Bentley, 1999 The Alexander technique works to correct poor posture in order to improve co ordination and to relieve stress in both mind and body In this book the author applies the technique to horse riding aiming to raise skill standards and enhance the wellbeing and performance of both horse and rider Your Riding Stewart Daniel, 2013-10-01 Sport psychology expert and international riding coach Daniel Stewart has spent a lifetime training equestrian athletes to Pressure Proof their riding In this book he shares dozens of specific tools and tricks that can be used to manage the stress nerves distraction and panic that so often hinder performance You ll find clearly defined individual steps to mental and physical success in the saddle including ways to strengthen mental imagery and handle brain babble goal setting tools stress management tips relaxation techniques and so much more Perhaps best of all Daniel reminds readers that riding is about doing what you love and loving what you do His humor and enthusiasm are certain to inspire invigorate and ensure a lifetime of goals attained and fun had with your horse Issue 1 BrandMyBook, 2025-11-01 Where stories meet success Where books spark ideas Where the mind discovers its edge A bi monthly curation of innovation intellect and inspiration From the guiet corners of book caf s to the bold journeys of entrepreneurs we bring you stories that move the mind and ignite ambition Each issue dives deep into the worlds of books psychology and business uncovering the patterns of thought behind great ideas timeless literature and groundbreaking ventures Turn the page Rethink the world Redefine yourself If you re interested in getting featured in our upcoming issues connect with us on Instagram hanomatimes Taking Care of Your Horse Peter Brookesmith, 2004 A comprehensive and practical guide to caring for a horse or pony Includes basic riding skills and tips on choosing tack and equipment Features a guide to 50 of the world's most popular breeds Back cover 
Dressage Mastery For Competitive Riders: Unlocking **Excellence and Precision** Pasquale De Marco, 2025-07-26 In the captivating world of equestrian sports dressage stands as a testament to the harmonious partnership between horse and rider This comprehensive guide unveils the secrets of dressage mastery empowering riders to achieve competitive excellence and unlock their full potential From the foundational principles to advanced techniques this book covers every aspect of dressage providing a roadmap for riders of all levels Discover the art of developing a strong foundation mastering the basics and advancing your skills with expert guidance and insightful instruction Beyond technical proficiency Dressage Mastery For Competitive Riders delves into the rider s mindset emphasizing the importance of mental fortitude self confidence and focus Learn how to overcome performance anxiety develop a winning mindset and build a strong partnership with your equine partner With a focus on practical application this book offers invaluable insights into training and conditioning ensuring that both horse and rider are in peak physical condition Explore structured training programs fitness routines and nutritional guidance tailored to the demands of dressage

Dressage Mastery For Competitive Riders is more than just a manual it is an exploration of the profound connection between horse and rider Discover the art of building a strong bond fostering trust respect and harmony Learn to communicate effectively with your horse and achieve the ultimate goal of achieving synergy in movement Whether you are an aspiring dressage rider seeking to embark on this captivating journey or a seasoned competitor seeking to refine your skills this book will equip you with the knowledge insights and inspiration to achieve your competitive dreams Through the lessons and wisdom shared within these pages you will unlock the true essence of dressage and become a masterful rider If you like this book write a review

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#### Reviewing Riding Success Without Stress 1: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Riding Success Without Stress 1**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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