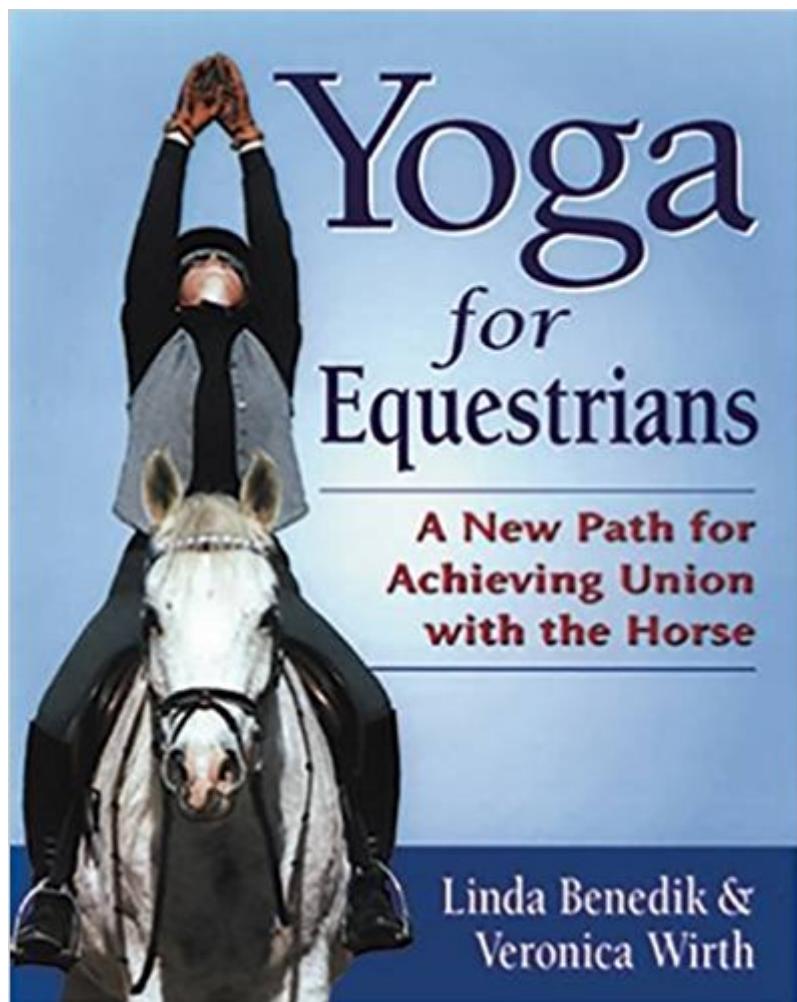


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# **Yoga For Equestrians: A New Path For Achieving Union With The Horse**



## Synopsis

Equestrians everywhere will benefit from these unique yoga exercises specially designed for the rider. Learn how to enhance your riding skills through awareness exercises, visualizations, and meditations and improve your strength, flexibility, and balance through mounted and unmounted yoga routines.

## Book Information

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## Customer Reviews

Yoga for Equestrians has transformed my riding. I highly recommend it. I'm getting back into riding after two bad falls, a broken nose and cracked ribs. One instructor told me I should take a Valium before my lesson, I was so tense. Instead, I found Linda Benedik (who teaches balanced riding and the classical seat) and her book Yoga for Equestrians. The exercises have helped deepen and balance my seat, release my hip joints, relax tense muscles and deepen my breathing. My sweet Quarter Horse, who used to stumble while I trotted, and whose circles were of an indefinable shape, took a sigh of relief, and moved out in the largest walk and trot I had ever experienced, and trotted a surprisingly good circle. The book teaches the art of breathing; visualization techniques that professional riders use; lower body, upper body, symmetry, self-carriage, and mounted exercises. It takes you step by step through floor exercises, stable-side exercises, and in-saddle exercises. Mounted exercises describe the recommended gait, rider benefits, a thorough and easy explanation of how-to's, and tips for trainers or assistants. The photographs are beautiful --clear and vivid and with real life models. My 10 year old niece enjoyed the book so much that she did the exercises with

me.

This book is excellent. The text is straight-forward and easy to follow, as are the exercises -- amply illustrated. I found just doing a twenty minute routine from this book daily has already helped with suppleness, flexibility and relaxation. If you enjoyed Sally Swift's Centered Riding, then you'll find this a very complimentary read. In fact Swift garners a few mentions along the way. You can't go far in riding if you're tense or inflexible, and this book has lots of ways to counter both those problems. I highly recommend it.

I have waited a long time to buy this book, and now that I finally have it I wish I'd bought it sooner. It has great explanations of how yoga connects with horseback riding. The exercises range from stretching techniques to easy muscle toning for primary riding areas, like the glutes. The stretching exercises are a great way to relax before going to bed. If you're a "weekend" rider and would like a way to work a little bit on your toning and balance between rides, this is the book. Don't let the yoga part turn you off. It's great!

I did yoga years ago while in college, and have ridden since I was a little kid. Always a bit of a dare devil I was known for taking the problem horses and teaching them to behave, through patience and understanding. The result was that I took many many dumps from horses taught to fear riders. Getting into my mid 30s I started to feel all those old injuries and decided I wanted to get back into a more routine yoga practice to help. During my next trip to the tack store I found this book, and WOW it is great! It's been inspiring me to get back into the yoga and to realize how influential it has been on my riding already. I only hope they come out with a second book: Advanced Yoga for Equestrians. I'd like to see some more advanced asanas. Namaste

My daughter and I traveled from Central New York to W. Springfield, Mass Nov. 9, 2002 to attend Equine Affaire. There were many workshops and presentations. Linda Benedik was one that we decided we would both enjoy. She demonstrated many of the yoga positions and had us all doing them with her. My daughter is an avid rider, I however just enjoy horses. At 52 I found the yoga made me feel so much more relaxed that I feel it would benefit everyone whether you are a horse person or not. I can not rate the book as I just got it and haven't had the opportunity to read it all yet but if it is 1/10th as good as the workshop you'll need more than 5 stars. If you ever have the opportunity to see and hear Linda Benedik in person - you'll find it well worth while. Connie

As an avid rider for many years, I found this book very helpful. I have a problem with riding "crooked" because of a rotated pelvis. My unevenness has become more noticeable in the years that I have been riding without an instructor. This book helps you become aware of your body and what you are doing with it. Highly recommended (even if you don't do much yoga -- I don't, but this was just my speed!)

There is wisdom in stretching and relaxing before working with your horse. If you are upset or tense, your horse can sense it and can make for a difficult or really bad work session. My instructor always says "To end on a good note". My mare is particularly sensitive to my moods and would react based on my body language. I had a problem relieving the tension in my lower back due to an injury and my mare could feel it in my seat and legs. I had picked up a few tips from other riders, but when I purchased the Linda's book, things seemed to click, from breathing to helping me ease the tension in my back. I would try a few exercises before I mounted and while I was mounted. My mare was more relaxed. I think that this book (and *Yoga & Riding Volume 1: Balance and Symmetry Techniques for Equestrians*) helped. I recommend getting the book and the video. The book is great with photos and more in-depth instruction of technique and postures. It is recommended that if you are new to yoga, like myself, that you read the first few chapters before attempting the postures. The video is helpful for those who wish to work with voice instruction and movement instead of flipping through pages and trying to execute what they've just read.

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