



Advanced Dressage Training: Medium to Grand Prix

Angela Niemeyer Eastwood, Andrea Hessay

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In Advanced Dressage Training, Grand Prix rider/trainer Angela Niemeyer Eastwood outlines the hows and whys of advanced training in a practical, logical fashion, with the aim of helping you to create harmonious partnerships with your horses. Dressage has moved beyond the basics of just riding and training a horse, and now encompasses many complementary disciplines, including psychology. This has always been part of the most successful athletes' repertoires and is now acknowledged as being one of the main contributory factors to excellence in any sport. Technical skills need to go hand in hand with mental commitment, discipline, dedication and resilience. Mindsets can be changed - what is needed is knowledge, support, imagination and perseverance. This book introduces the idea that aids are just that: they let the horse know what the rider wants. When this is understood, the horse should be allowed to do whatever has been asked of him - alone and unaided - until something else is required or the horse needs a reminder. The pursuit of excellence - not perfection - is what dressage is all about. Advanced Dressage Training offers advice and encouragement towards the improvement and development of you and your horse as an advanced partnership, taking you towards excellence in the process. This book will be of great interest to dressage riders and trainers and dressage professionals, and is superbly illustrated with 300 colour photographs.

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