



When Two Spines Align: Dressage Dynamics: Attain Remarkable Riding Rapport with Your Horse

Beth Baumert

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Within riding exists a fundamental conflict of interest: The rider needs to have control—her confidence depends on her ability to control the balance of her own body as well as that of her very powerful horse. The horse, by nature, needs to feel free—free in both mind and body to express himself through movement.

In *When Two Spines Align*, author Beth Baumert, writer and editor at the equestrian magazine *Dressage Today*, resolves the freedom-control enigma by taking a close look at the individual components that make up riding and dressage and providing practical ways riders can learn to harness the balance, energies, and forces at play. Readers will discover how to use “positive tension” and their body’s “power lines” to become balanced and effective in the saddle. They will then find ways to understand and manage the horse's balance and “coordination challenges.” Ultimately, the rider learns to regulate and monitor the horse's rhythm, energy, flexion, alignment, bend, and line of travel by properly aligning her spine with his. When the center of gravity of a balanced rider is over the center of gravity of a balanced horse, that place where two spines align becomes the hub for rider and horse harmony.

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