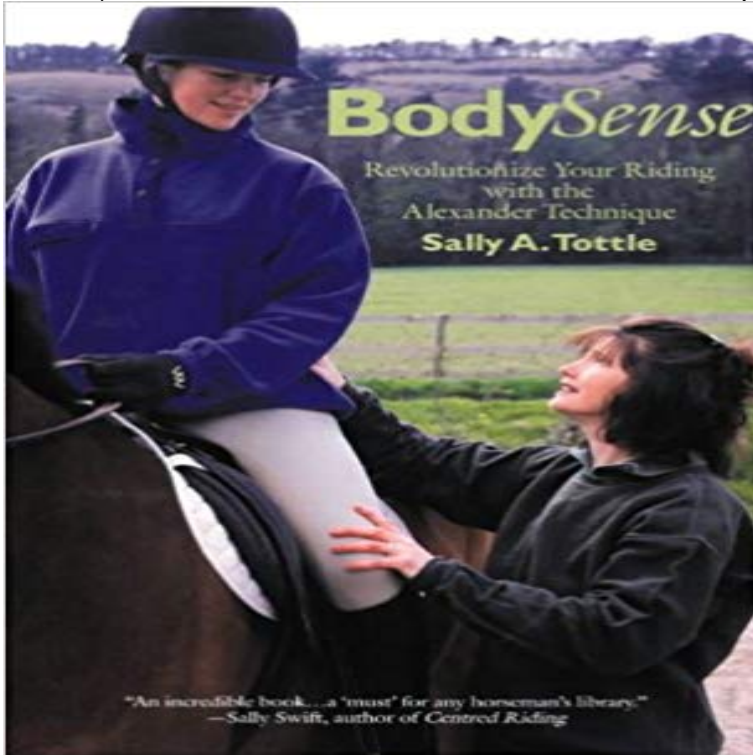


Bodysense: Revolutionise Your Riding with the Alexander Technique



Sally Tottle demonstrates how the Alexander Technique can be applied specifically to riding, not only to improve riding skills but also to overcome problems and faults. She covers how the Alexander Technique can improve muscle tone, suppleness and sensitivity; breathing; balance and co-ordination; sense of feel; communication with the horse; acquiring an independent seat; the use of the back; and poise in performance.

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