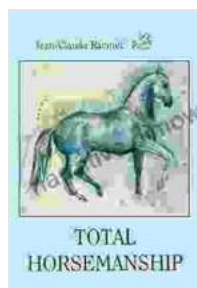


Recipe for Riding in Absolute Balance: A Transformative Guide to Equestrian Harmony

Imagine a world where you and your horse move as one, in perfect harmony and balance. Where every movement is effortless, every transition seamless, and every ride an experience of pure joy.



TOTAL HORSEMANSHIP: A recipe for riding in absolute balance by Jane Caro

★★★★★ 5 out of 5

Language : English
File size : 3729 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 156 pages



Rebecca Wittman, renowned equestrian expert and author of the groundbreaking book "Recipe for Riding in Absolute Balance," has dedicated her life to helping riders achieve this equestrian utopia. Her revolutionary approach has transformed the lives of countless riders worldwide, empowering them to connect with their horses on a deeper level and unlock their true riding potential.

The 9 Essential Ingredients of Absolute Balance

At the heart of Wittman's approach lies the belief that balance is not something to be achieved, but rather a way of being. It is a dynamic state

that requires constant adjustment and refinement. To achieve absolute balance, Wittman identifies 9 essential ingredients, each of which plays a crucial role:

1. **Correct Posture:** A balanced and stable seat is the foundation for all effective riding. Wittman provides precise instructions on how to achieve optimal posture, ensuring that the rider's body is aligned and working in harmony with the horse's movement.
2. **Independent Aids:** The ability to use your legs, seat, and hands independently allows you to communicate clearly with your horse. Wittman emphasizes the importance of developing fine motor control, enabling riders to convey subtle cues that elicit precise responses from their mounts.
3. **Rhythm and Timing:** Timing is everything in horsemanship. Wittman teaches riders how to synchronize their movements with the horse's natural rhythm, creating a flowing and harmonious connection.
4. **Relaxation:** Tension is the enemy of balance. Wittman guides riders through relaxation techniques that promote a deep connection between horse and rider, allowing them to move together in unison.
5. **Focus:** A clear and focused mind is essential for effective riding. Wittman shares mindfulness techniques that help riders stay present and attuned to the horse's needs.
6. **Connection:** Riding is not just a physical exercise, but an emotional and spiritual experience. Wittman fosters a deep connection between rider and horse, creating a bond that transcends the physical realm.

7. **Balance Point:** The balance point is the point of equilibrium where the rider and horse are in perfect harmony. Wittman explains how to find and maintain the balance point, allowing for seamless transitions and effortless movements.
8. **Flow:** Absolute balance is achieved when the rider and horse move together in a state of flow. Wittman shares techniques for achieving this elusive state, where every movement flows into the next with grace and fluidity.
9. **Trust:** Trust is the foundation of any successful partnership. Wittman emphasizes the importance of building trust between rider and horse, creating a relationship based on mutual respect and understanding.

Empowering Riders of All Levels

"Recipe for Riding in Absolute Balance" is not just a book; it is a transformative guide that empowers riders of all levels to achieve their equestrian goals. Whether you are a seasoned dressage competitor, a recreational trail rider, or simply seeking to deepen your connection with your horse, Wittman's wisdom and practical techniques will guide you towards absolute balance.

Through detailed instructions, insightful exercises, and inspiring anecdotes, Wittman shares her decades of experience and empowers riders to:

- Improve their riding skills and achieve greater control and precision
- Build a deeper and more harmonious relationship with their horses
- Overcome common riding challenges and improve horse training
- Experience the joy and freedom of balanced and effortless riding

Testimonials from Transformative Riders

The transformative power of "Recipe for Riding in Absolute Balance" has been experienced by countless riders worldwide. Here are just a few testimonials from riders who have embraced Wittman's principles:



“"Rebecca Wittman's book has revolutionized my riding. I never thought I could achieve such balance and harmony with my horse. The 9 essential ingredients have given me a clear roadmap to success." - Sarah, dressage rider”



“"As a trail rider, I was always struggling with my horse's balance on uneven terrain. Wittman's techniques have taught me how to communicate effectively and guide my horse with confidence." - John, trail rider”



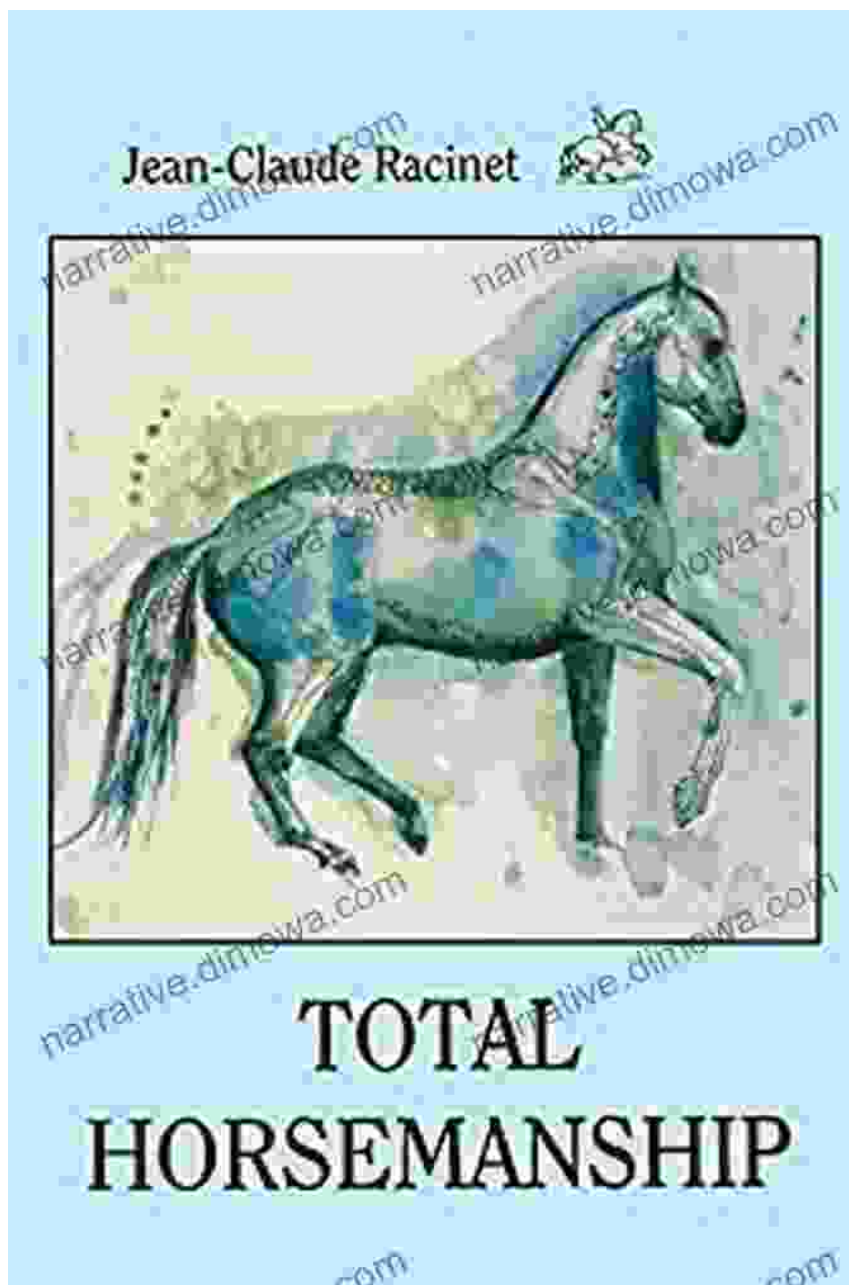
“"I've always had a close bond with my horse, but Wittman's book helped me deepen our connection to an incredible level. Now, we move as one, in perfect harmony." - Emily, horse owner”

Unlock Your Equestrian Potential

Embark on your journey towards absolute balance with "Recipe for Riding in Absolute Balance" today. This comprehensive guide will empower you to transform your horsemanship, deepen your connection with your horse,

and experience the joy of riding in perfect harmony. Free Download your copy now and unlock your equestrian potential.

Free Download Now



Rebecca Wittman is a world-renowned equestrian expert, author, and clinician. Her groundbreaking approach to horsemanship has transformed the lives of countless riders worldwide. Wittman's passion for absolute

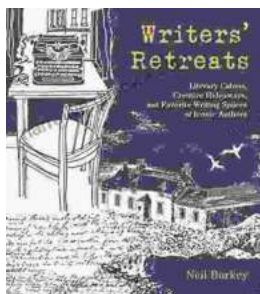
balance stems from her lifelong dedication to the sport, her deep love for horses, and her unwavering belief in the power of a harmonious rider-horse connection.



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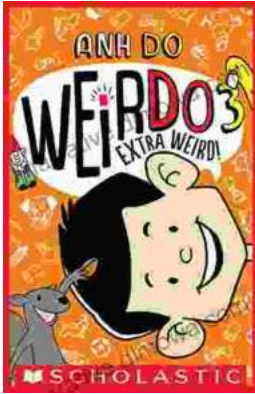
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