



How Your Horse Moves: A unique visual guide to improving performance

By Gillian Higgins

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Take a Fresh Look at Equine Anatomy and Biomechanics with This Graphic Guide to How Horses Move, Presented from the Inside Out

- Understand how bones and muscles work together to produce movement by seeing the musculoskeletal system painted on a real equine canvas
- Discover how correct riding and training can bring out the best in your horse - increasing fitness, strength and balance—by seeing exactly what happens as he moves
- Practical exercises and stretches demonstrate how you can improve suppleness, reduce the risk of injury, gain confidence and develop a deeper rapport with your horse

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- Sales Rank: #228371 in Books
- Brand: Brand: David Charles
- Published on: 2012-08-29
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .50" w x 7.50" l, 1.23 pounds
- Binding: Paperback
- 160 pages

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Editorial Review

About the Author

Gillian Higgins is a professional equine sports therapist with her own equine massage and manipulation business. She has a first class Equine Business Management degree and holds qualifications in human sports and remedial massage. In 2006 she began a lecture demonstration programme, Horses Inside Out, to great acclaim. Gillian lives in Gloucestershire.

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