



# 101 Western Dressage Exercises for Horse & Rider

*Jec Aristotle Ballou, Stephanie Boyles*

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## **101 Western Dressage Exercises for Horse & Rider** Jec Aristotle Ballou, Stephanie Boyles

Western horsemanship blends with classical dressage training in this relatively new discipline that offers a unique approach for both horse and rider. This systematic guide presents a series of Western Dressage exercises designed to improve suppleness, balance in movement, and responsiveness. Each exercise has a specific goal in mind, and they are organized by different areas of focus: softness, looseness, rider development, engagement, adjustability, and ground work. With illustrated step-by-step instructions and full arena diagrams, you'll quickly be on your way to mastering this exciting discipline.

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