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WENDY MURDOCH

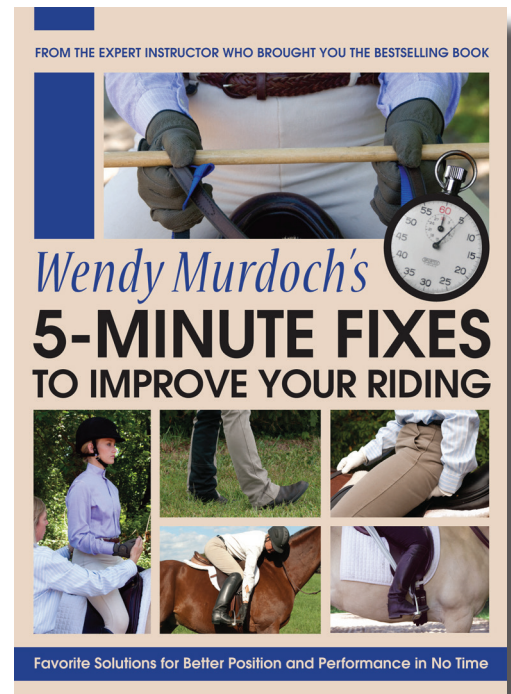
Trafalgar Square Books is pleased to announce the release of *5-Minute Fixes to Improve Your Riding* by Wendy Murdoch.

With this new DVD, it's easier than ever to start or end your riding sessions with Wendy Murdoch's 5-Minute Fixes. Transform what you *can't* do to what you *can* do. You'll be amazed how quickly you can replace bad habits with good ones!

In this DVD, learn Wendy's favorite solutions for better position, how to perform them safely and correctly, as well as how and why each Fix works. The following Fixes from Wendy's international bestseller *50 5-Minute Fixes to Improve Your Riding* are included:

- Fix 3: Look the Other Way
- Fix 6: Ribs Forward for Shoulders Back
- Fix 10: Finding Your Lower Back Position
- Fix 12: Back Up Your Heel Position
- Fix 17: Sitting the Canter
- Fix 24: Stop Pulling on Your Horse
- Fix 32: Solve Your Leg Position with an Equiband
- Fix 33: Reach for Your Toes
- Fix 41: Help for Unsteady Hands

WENDY MURDOCH is an internationally recognized equestrian author, instructor, and clinician. She teaches her students how to do what great riders do naturally. Her desire to understand the function of both horse and human and love of teaching capitalizes on the most current learning theories in order to show riders how to exceed their own expectations. For more information about Wendy, her methods, and her bestselling books and DVDs, visit www.murdochmethod.com.



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