



## Your Key to the Equation Every Rider Has to Solve

### RIDER+HORSE=1

How to Achieve the Fluid Dialogue that Leads to Harmonious Performance

ECKART MEYNERS, HANNES MÜLLER, and KERSTIN NIEMANN

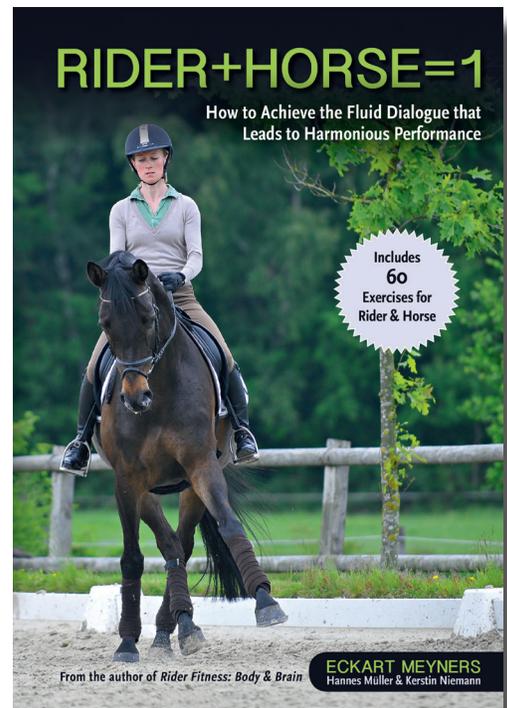
Trafalgar Square Books is pleased to announce the release of *Rider+Horse=1* by Eckart Meyners, Hannes Müller, and Kerstin Niemann.

Bringing rider and horse together so they can move as one is a complex equation. Now, sports psychologist and movement expert Eckart Meyners has combined efforts with German Riding School Head Hannes Müller and *St. Georg* editor Kerstin Niemann to provide a book with the answers. Top-quality color photographs—many featuring 2014 World Equestrian Games gold-and-silver-medal-winning rider Helen Langehanenberg—and a depth of detail not yet found in other books on riding theory and biomechanics make *Rider+Horse=1* necessary reading for all those who aspire to a true understanding of movement, function, and their impact on performance.

This book enables you to:

- Interpret the difference between skills and abilities in rider and horse.
- Use unique exercises to improve your balance and aids.
- Master three fundamental riding techniques: flexion, bend, and half-halts.
- Explore ways of creating “positive tension” in the horse.
- Discover the three-dimensionality of the rider in new ways.
- Learn how to identify and respond to the motion sequences of the horse.

**ECKART MEYNERS** is a Professor of Sports Physiology and Body Movement at the University in Lüneburg in Germany. Over the past 25 years, he has researched how people learn movement in riding and has worked with the German National Federation to develop curricula for professional and amateur riders, trainers, instructors, and judges. He is known throughout the world as an expert in the area of how to teach movement in riding, as well as other sports. Meyners is the author of the book *Rider Fitness: Body & Brain* and the DVD *Movement Awareness for Riders*. **HANNES MÜLLER** is Head of the German Riding School in Warendorf, Germany and chief instructor of the German professional riders. **KERSTIN NIEMANN** is editor of the German equestrian magazine *St. Georg*.



## Includes 60 enlightening exercises for rider and horse

200 pp • 6½ x 9½ • 248 color photographs • 978 1 57076 705 0 • \$29.95 pb

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