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Keep Boredom at Bay for Horse and Rider

50 BEST ARENA EXERCISES AND PATTERNS Essential Schooling for English and Western Riders

by ANN KATRIN QUERBACH

Trafalgar Square Books is pleased to announce the release of *50 Best Arena Exercises and Patterns* by Ann Katrin Querbach.

Like other hobbies, sports, and passions, riding and training horses inevitably involves a certain amount of repetition in order to improve. This means a well-designed plan of lessons and exercises is indispensable, both for keeping horse and rider interested in what they're doing together and for advancing their fitness and ability level. Riders, trainers, and instructors of all disciplines are always looking for ways to keep boredom at bay—and that's where this handy guide can save the day. *50 Best Arena Exercises and Patterns* provides a terrific collection of upbeat ideas for essential schooling, adding variety and challenge to everyday workouts. Exercises are organized in easy-to-reference sections, including: improving the rider's seat, "learning to dance" with the basic foundation movements, increasing mobility with gymnastics, finding rhythm, getting supple and relaxed, achieving connection and softness, activating the hindquarters, traveling straight, and achieving collection. In addition, two chapters provide fun alternatives to supplement any lesson. Whether an English or Western rider, any equestrian looking for tools to use in creating a balanced, correct seat and a supple, gymnasticized horse will relish this infinitely useful collection of practice routines.

ANN KATRIN QUERBACH is a certified instructor with the German Riding Federation (FN) in both English and Western Riding.



"The highest goal in riding is establishing the greatest harmony possible between human and horse—and this is exactly the goal I've set for this book."

—ANN KATRIN QUERBACH

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