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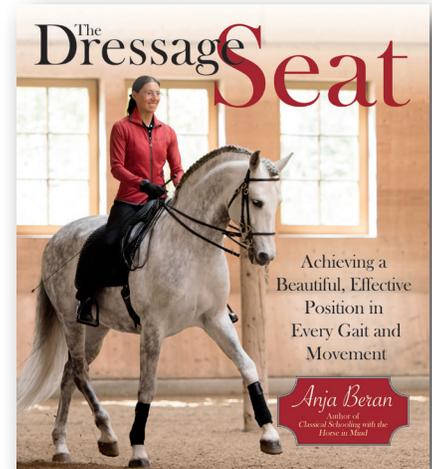
THE DRESSAGE SEAT

Achieving a Beautiful, Effective Position in Every Gait and Movement

by **ANJA BERAN**

Trafalgar Square Books is pleased to announce the release of *The Dressage Seat* by Anja Beran.

With stunningly beautiful photographs and clear descriptions, classical dressage authority Anja Beran breaks down the physical requirements of the rider's seat on the horse, as well as its responsibilities during various movements—from the gaits and paces to lateral work, lead changes, piaffe, passage, and pirouettes. Beran provides a unique perspective on the use of breath when riding, citing the recommendations of a classically-trained opera singer who regularly works with Beran and her riding students to develop their deep breathing skills. "A relaxed seat," Beran says, "is never possible with restricted breathing." In addition, she explores the need for an improved inner attitude in order to truly refine your seat on a horse. Fear, stress, and tension all interfere with your ability to focus on the horse and connect with him during the time you are together. Simple practices can help open and calm the mind, and, over time, contribute to a better overall outlook and enhanced physical capacity. In the second half of the book, Beran is joined by her personal physiotherapist and dance teacher for an in-depth look at human anatomy and how it functions in conjunction with the horse. Practical exercises give readers easy ways to improve mobility, strength, stability, coordination, perception, and overall posture, with superb results.



ANJA BERAN spent a major part of her childhood at her grandfather's hunting lodge in Bavaria, surrounded by hunting dogs and horses, and decided she would one day be either a forester or a professional rider. Horses brought her to Portugal in 1985, where she rode with Luis Valenca, and met and worked intensively with Manuel Jorge de Oliveira. At home in Germany, she spent 16 years under the tutelage of Marc de Broissia, training horses of all breeds before eventually managing and running Gut Rosenhof, a beautiful mountain farm and training facility in Rudratsried, Bayern, Germany. Horses are now sent from all over the world to work with her and her outstanding staff—at Gut Rosenhof, every horse is allowed to develop at his own individual

speed, gently, and with great care for the classical ideal of true harmony between horse and rider.

"There isn't any new knowledge about how to sit a horse well, but sometimes a special tip or a good visual can help you use your body in a different way."

—ANJA BERAN

176 pp • 9 ¼ x 10 ½ • 184 color photos, 37 illustrations • 978 1 57076 793 7 • \$39.95 hc

For more information, contact mcook@trafalgarbooks.com

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