



# TRAFALGAR SQUARE BOOKS

www.horseandriderbooks.com • The Leading Publishers of Equestrian Books & DVDs

AVAILABLE NOW

## New from the Author of *101 Dressage Exercises for Horse & Rider*

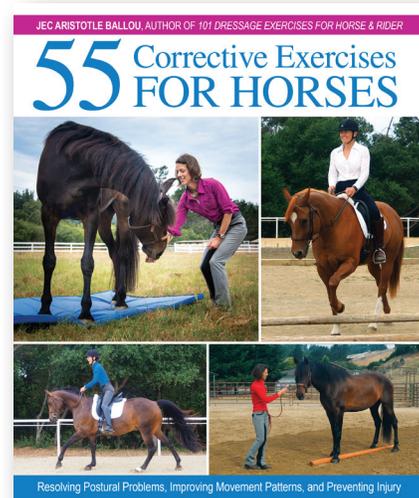
### 55 CORRECTIVE EXERCISES FOR HORSES

#### Resolving Postural Problems, Improving Movement Patterns, and Preventing Injury

JEC ARISTOTLE BALLOU

Trafalgar Square Books is pleased to announce the release of *55 Corrective Exercises for Horses* by Jec Aristotle Ballou.

Over time, horses (like people) acquire postural habits, compensate for soreness and injury, and develop poor movement patterns. This limits performance ability, causes unsoundness and health issues, and ultimately undermines the horse's overall well-being. Jec Aristotle Ballou has made a name for herself advocating for the horse and providing sensible instruction in his schooling, conditioning, and care. Her bestselling books and popular clinics are designed to enable any horse person to correctly apply proven principles that bring measurable progress while avoiding boredom and confusion. In her latest collection of mounted and unmounted corrective exercises, Ballou demonstrates how we can actively work to improve the horse's posture and movement, whether he is an active performance or pleasure mount, an aging or older horse that benefits from gentle exercise, or one being rehabilitated following injury, illness, or lack of conditioning. Ballou's positive cross-training techniques are free of shortcuts, and her guidelines for analyzing the horse's posture and way of going help readers gain a new awareness of the equine body. Applicable for all disciplines, this is an integral collection that optimizes how the horse uses his body and helps ensure he stays sounder and healthier for more years of his life.



**JEC ARISTOTLE BALLOU** has spent her life studying classical dressage; she has trained and competed through the FEI levels in dressage but has also competed in long distance trail riding, Ride & Tie, breed shows, and almost everything in between. A proponent of interdisciplinary study, she serves as an advisor to the Western Dressage Association of America (WDAA). Ballou is a tireless advocate for the horse, committed to promoting understanding that proper biomechanical movement and athleticism can never happen as a result of shortcuts, force, or hurried training methods. Through her clinics, articles, and bestselling books—including

*101 Dressage Exercises for the Horse and Rider* and *Equine Fitness*—Ballou aims to meet what she sees as an enormous need within the equine industry for simple, clear, and practical information (jecballou.com).

**“Every horse needs to be an athlete first, and only then can he comfortably and willingly work with you toward your riding and performance goals. This book offers you the answers and tools to bolster his athleticism so that he can be the best possible riding partner.”**

—JEC ARISTOTLE BALLOU

184 pp • 7 x 8½ • 129 color photos, 12 diagrams • 978 1 57076 867 5 • \$26.95 hc wiro

For more information, contact [mcook@trafalgarbooks.com](mailto:mcook@trafalgarbooks.com)

To order, contact: Trafalgar Square Books, Box 257, Howe Hill Road, N. Pomfret, VT 05053  
800.423.4525 • [www.horseandriderbooks.com](http://www.horseandriderbooks.com)