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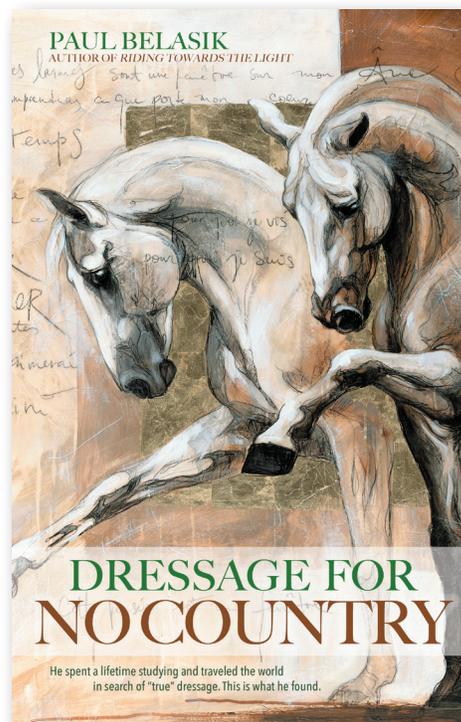
Are Classical and Competitive Dressage Compatible?

DRESSAGE FOR NO COUNTRY

PAUL BELASIK

Trafalgar Square Books is pleased to announce the release of *Dressage for No Country* by Paul Belasik.

In the 1970s, the sport of dressage was still in its infancy in the United States. Unlike in the countries of Europe, there was neither an established tradition nor a written history to educate and inspire. A rider intent on learning the discipline had to be prepared to travel, to immerse himself in other cultures, and to care only for what those who had already mastered the art might teach him. Paul Belasik was once that rider, determined to learn all he could about dressage methodology, and willing and able to compare and contrast the various means of achieving related goals—beautiful movement, “lightness,” connection between two beings. In these pages, he shares a lifetime of searching and studying, both through stories of his own adventures and thoughtful essays on the subjects he has pondered during the years he has trained and ridden horses. Beginning in northern New York and traveling to Portugal and later Vienna, Belasik serves as a tour guide of the various dressage “paths” he had the chance to explore, including the German system, the Portuguese art of equitation, and the revered institutions of the Spanish Riding School. Armed with the knowledge and experience he accrued over time, Belasik debates whether classical dressage and competitive dressage are at all compatible, and considers the role of mindfulness, how to become a good teacher, and how to be a good student in today’s horse world, providing the guideposts needed to take dressage—and riding in general—the next step forward.



PAUL BELASIK is a highly respected international rider, trainer, writer, and teacher, and an avowed proponent of classical equestrian ideals. Belasik has sought wisdom from great riding masters such as Dr. HLM van Schaik and Nuno Oliveira, and his wide-ranging studies include the concepts of Zen Buddhism and martial arts. Belasik has authored eight books, and he gives clinics, lectures, and demonstrations internationally while training clients at his Pennsylvania Riding Academy at Lost Hollow Farm (www.paulbelasik.com).

“Bringing together part history lesson, part biography, a dash of hope, and a pinch of unvarnished truth, Belasik proves once again that the journey is far more important than the destination.”

—**JEREMY STEINBERG**
USEF High Performance Rider,
Former USEF Dressage Youth Coach

144 pp • 6½ x 9½ • 978 1 57076 914 6 • \$22.95 pb

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