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CORE CONDITIONING FOR HORSES

Yoga-Inspired Warm-Up Techniques: Increase Suppleness, Improve Bend, and Unlock Optimal Movement

SIMON COCOZZA

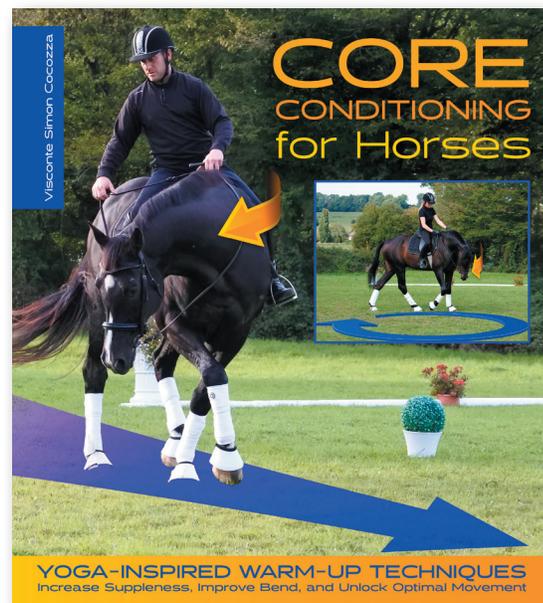
Trafalgar Square Books is pleased to announce the release of *Core Conditioning for Horses* by Simon Cocozza.

What is the difference between the horse that “dances” when you are on him, and the one that doesn’t? It all comes down to the horse’s ability to use the powerful mechanisms built into his body—not the strength we can see on the outside, but the strength on the *inside*. The invisible and complex arrangement of internal “core” muscles controls the horse’s posture, suppleness, and agility. Their good condition is the key to the dance. Equine core muscles are very difficult to isolate with the traditional training techniques common to horse sports; but by examining what we do with the human body when faced with a weak core, we can find new methods for conditioning these areas of the equine body. Simon Cocozza has taken principles of the human practice of yoga and used them to develop novel ways of reaching deep within the horse’s body to gently “unlock” areas that may be a little “rusty,” improve core fitness, and even relieve pain. In this book, he provides step-by-step instruction for easy mounted exercises that enhance the horse’s posture and boost his confidence in his body and movement, making him easier to ride, and, ultimately, the dance partner you’ve always imagined.

SIMON COCOZZA is a state-certified examiner for La Fédération Française d’Équitation (FFE) and specializes in applied equine biomechanics. Following a “sunshine and gelato” childhood in Italy, Cocozza went to school in England. After studying the sciences, he decided to follow his true love and dedicate his life to horses. Having been lucky enough to be trained by truly brilliant British, Dutch, German, and French mentors from a young age, Cocozza was inspired to understand the shared foundations of the European schools of equitation, from ancient to modern. Applying a scientific approach to these principles led him to focus his research on how we can help each and every individual horse become the happiest and healthiest he can be, and this has become his life’s work (www.viscontecocozza.com).

“By conditioning areas of the equine body that may be a little rusty, we can release the horse’s natural ‘dance’ into every stride.”

—SIMON COCOZZA



304 pp • 7 x 8 ½ • 234 color photos and illustrations • 978 1 57076 804 0 • \$29.95 hc

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