



# **The Dressage Seat: Achieving a Beautiful, Effective Position in Every Gait and Movement**

*Anja Beran*

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# The Dressage Seat: Achieving a Beautiful, Effective Position in Every Gait and Movement

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**The Dressage Seat: Achieving a Beautiful, Effective Position in Every Gait and Movement** Anja Beran  
Anja Beran began training with classical dressage masters at the age of 15 and has since spent her life keeping the principles she learned alive by educating others through clinics and her bestselling books and DVDs. Her newest book deconstructs the rider's ideal position, explaining how it can be most beautiful and effective while always functioning in support of the horse. Moving progressively through the gaits and dressage movement, Beran provides examples and exercises that instruct the reader in the placement of the body, from head to heels, in relation to the horse and how he is moving.

In addition, she troubleshoots common problems, making it easy for the rider to identify and correct a fault or bad habit. In the second half of the book step-by-step photographs and thorough explanations provide a series of exercises riders can perform on the ground that are proven to help establish a stable, supple, balanced, classical dressage seat on horseback. With lovely photographs throughout, this book is a visual and educational treat—rewarding on every level.

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