

Know Your Horse Inside Out: A Clear, Practical Guide to Understanding and Improving Posture and Behaviour

Sarah Fisher



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"Know Your Horse Inside Out" shows how by understanding the way tensions and blocks affect your horse, you can take steps to improve every aspect of his life safely and effectively. Practical and hands-on, this guide will take you step-by-step through the exercises and bodywork that will allow you and your horse to break free of nagging problems and enjoy the benefits of better health and a happier relationship. With useful tips on how to help your horse stay sound, recover from an injury and how to enable him to realize his full potential "Know Your Horse Inside Out" is the essential guide for every horse owner.

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