

# CADORA *Ink*

CANADA'S NATIONAL DRESSAGE MAGAZINE

## Book / Video Reviews

*Focus on Flexibility* – by Holly Mason

I first read a review of this video in British Dressage magazine. Like many of us with time constraints, the possibility of an exercise program that could be executed in eight minutes appealed to me. The video is divided into three segments: the human exercise routine, the equine exercise routine, and stretches and massage for our horses.

Holly Mason has done an excellent job of developing an exercise program, which can be performed to at least some degree by even the most inflexible body. You will improve! The routine is easy to learn, which means you can relax and get on with it rather than having to glance at the booklet every step of the way. The exercises not only supple, but more importantly, fine tune our co-ordination. This is important if we are to be effective and harmonious riders. Attention has been given to areas of tightness: hips, lower back, fore-arms and shoulders.

The equine routine is an easy addition to your warm-up plan, simple enough for even beginner horse and rider. Back at the barn, the massage and stretches are a good way to get to know your horse's body and increase his flexibility, which in turn will improve performance. Quality time with your horse out of the saddle also has physical and mental benefits. This video is packed full of information the rider can use on a daily basis that will positively improve his riding skills and his horse's performance.

A great investment. It is available through [www.dressagebydesign.com](http://www.dressagebydesign.com)

