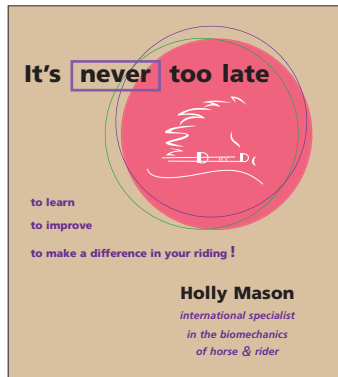


On the SHELF



It's Never Too Late

by Holly Mason

Softcover; 155 pages;

Dressage by Design; \$32.95

Author Holly Mason, a dressage trainer with a special interest in biomechanics, explains how a rider's movements and body positions affect the horse according to the structure of equine and human skeletons. She uses photos, diagrams and clear language to relate information that you'd usually find in a science textbook, describing what actually happens when we cue our horses and execute basic skills.

Mason offers ground and longeing exercises for you and your horse, as well as exercises and stretches to do on your own. You'll learn how to adjust your seat and legs to allow your horse to move freely and comfortably.

The book reveals the physiology behind essential riding concepts and Mason explains the biomechanical foundations of many basic techniques, such as keeping your eyes up or lifting the inside rein for a bend. The book is dressage-oriented and assumes a certain level of riding experience, but *It's Never Too Late* could offer riders of all levels and disciplines useful information that they wouldn't find in the typical book on riding technique. This book will give you a lot more to think about when you're in the saddle.

MARCH 2009 • **PRACTICAL HORSEMAN**