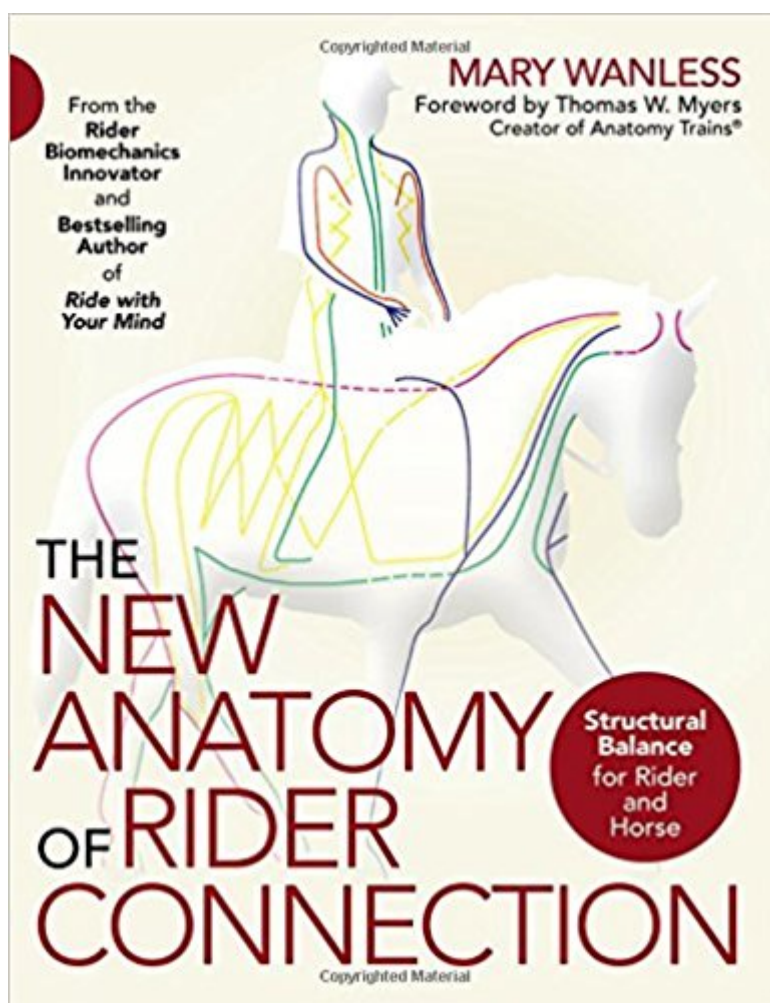


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The New Anatomy Of Rider Connection: Structural Balance For Rider And Horse



Synopsis

For the past 30-plus years, Mary Wanless and her bestselling Ride with Your Mind books and DVDs have helped revolutionize the art and science of riding horses. Now she takes her pioneering techniques—which combine a lifetime’s influences from the fields of psychology, biofeedback, neuro-linguistic programming, the Alexander and Feldenkrais techniques, Tai Chi, massage, dance, anatomy, sports psychology, and educational kinesiology—to a whole new level. In her newest book, Wanless teams up with Anatomy Trains® creator and author Thomas Myers to examine how the “fabric” of our bodies (fascia) can potentially allow us to generate both stability and what so many riders find elusive even after years in the saddle; “feel.” Recent research shows how the body-wide “net” of fascia that both wraps each muscle and connects your skin to your bones can be the source of postural imbalances and the resulting restrictions in your movement. Wanless posits that the difference between “average” and “elite” riders lies in the quality of connection and awareness within this fascial net, and she gives us the means to take practical and meaningful steps toward addressing such issues, resulting in extraordinary change in the way we look and feel on horseback.

Book Information

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Customer Reviews

“The book you hold in your hand unravels the mystery of becoming one with your horse.

Mary’s many years of experience working with and watching every kind of rider from the beginner to the Olympian is distilled into this beautiful, practical, and comprehensive book for the

rider who wants to inhabit that connection, that love, between human and animal…It is a personal pleasure to see the Anatomy Trains scheme extended so beautifully, practically, and accurately beyond where I ever imagined it could go.â •—Thomas W. Myers, Creator and Author of Anatomy Trains

Modern rider biomechanics begins by explaining fascia–the â œCinderellaâ • of body tissues. Until recently, fascia was ignored by science, consigned to its apparent role as the body's â œpacking material.â • However, research now shows that, in reality, this biological fabric is what links muscles into functional chains. In this eye-opening book, rider bio-mechanics pioneer Mary Wanless explores the characteristics of the body's fascia and why understanding how it works not only improves a rider's balance and coordination, but also enhances â œfeel,â • since fascia contains many more sensory nerves than muscles. These register the forces that pull on an area, and thus a â œfascial netâ • under tension creates a wellspring of strength and sensation. By learning to access and rebalance your own fascial net, your stability, skill, and feel will be significantly improved, helping you become a quieter, more effective rider while simultaneously addressing the same imbalances in your horse.

Mary Wanless has B.Sc. degrees in both Physics and Applied Sports Coaching, and holds the BHSI (British Horse Society Instructor) certificate. She is the author of the highly successful *Ride With Your Mind* (published in America as *The Natural Rider*), *Ride With Your Mind Masterclass*, *For the Good of the Rider*, *For the Good of the Horse*, *Ride With Your Mind Essentials*, and *New Ride with Your Mind Clinic*; she has also produced eight training videos. As well as teaching riders of all abilities, from club level to international, in the UK and USA. She runs dismounted workshops and gives lecture demonstrations. She also lectures internationally on learning, body-mind integration, and personal development. Mary lives in Oxon, England.

Thomas W. Myers studied directly with Drs. Ida Rolf, Moshe Feldenkrais, and Buckminster Fuller, and a variety of movement and manual therapy leaders. His work is influenced by cranial, visceral, and intrinsic movement studies he made with European schools of osteopathy.

An inveterate traveller, Tom has practiced integrative manual therapy for over 30 years in a variety of clinical and cultural settings, including 10 years in London, and practices in Hamburg, Rome, Nairobi, and Sydney, as well as a dozen locales in the US. He is a founding member of the International Association of Structural Integrators (IASI).

Author of *Anatomy Trains* and a set of supporting videos, and co-author of *Fascial Release for Structural Balance* (Lotus, 2010), Tom has also penned over 60 articles for trade magazines and journals on anatomy, soft tissue manipulation, and the social scourge of somatic alienation and loss of reliance on kinaesthetic intelligence. A certified Touch-in-Parenting instructor, Tom retains a strong interest

in perinatal issues. Living on the coast of Maine, Tom and his faculty conduct professional certification and continuing education courses worldwide.

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