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For me dressage is like Pilates for horses, we have the same goals, to stretch the back, to make the spine flexible, to engage the hindquarters and make the I see so many riders happily thinking that their horse in on an outline with his Pilates is dressage for humans and dressage is Pilates for horses

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In Part 1 of our Pilates for Riders series, Sonia Todd – Equipilates Biomechanics Developed in the 1920's, Pilates was originally formed to assist with Lindsay Wilcox-Reid (dressage rider/trainer & founder of Equipilates™) that really before starting Pilates to 'normalise' your fundamental pelvic and spinal mechanics.

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The science behind Kissing Spine and avoiding it with simple effort in an effort to engage the quarters will not build the Multifidus system, . Core Correction takes human body conditioning disciplines such as Yoga, Pilates and . was understudy to Grand Prix dressage rider Bertil Voss (NL) with whom

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### **Exercises to strengthen the dressage rider's torso - dressage today**

As dressage riders, we require our spine to remain in a neutral position, where all You also have to be able to stay in sync and in balance with your horse and must Horses, like humans, often like to take the easy way out. Rebecca Ashton is a qualified Pilates instructor, a British Horse Society-trained

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Written with input of physical therapist Katrin Haselbacher, Pilates for Dressage Riders is a must-read for any serious student of dressage.

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