

101 DRESSAGE EXERCISES

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101 Dressage Exercises for Horse & Rider; Jec Aristotle ...

Jec Ballou is the author of 101 Western Dressage Exercises for Horse & Rider, 101 Dressage Exercises for Horse & Rider, and Equine Fitness. She is a national advisor to the Western Dressage Association of America and contributed to the current rules for the sport. She teaches clinics across the United States. She lives in Santa Cruz, California.

101 Dressage Exercises for Horse & Rider (Read & Ride ...

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Her book, 101 Dressage Exercises for Horse and Rider (Storey Publishing), was on the best-seller list for eight consecutive weeks in the spring of 2006. Currently, Jec specializes in helping horses obtain healthy, optimal movement, regardless of their discipline.

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101 Dressage Exercises for Horse & Rider - Jec Ballou ...

Even though I ride western, 101 Dressage Exercises has helped me create more lift and forward motion in my horse while retaining flexion. I especially liked the chapters describing different stretches and massages beneficial to

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your horse.

DRESSAGE 101 - Jane Savoie

The Ultimate Source of Dressage Basics in a Language You Can Understand. Trafalgar Square Books is pleased to announce the publication of Jane Savoie's Dressage 101 by internationally renowned coach, mentor, and motivational speaker Jane Savoie.

[jeballou.com](#)

EXCERPT 101 Dressage Exercises for Horse & Rider

This new book includes exercises for every need. By Jee Aristotle Ballou ec Ballou is a freelance writer whose work has appeared in Dressage Today.