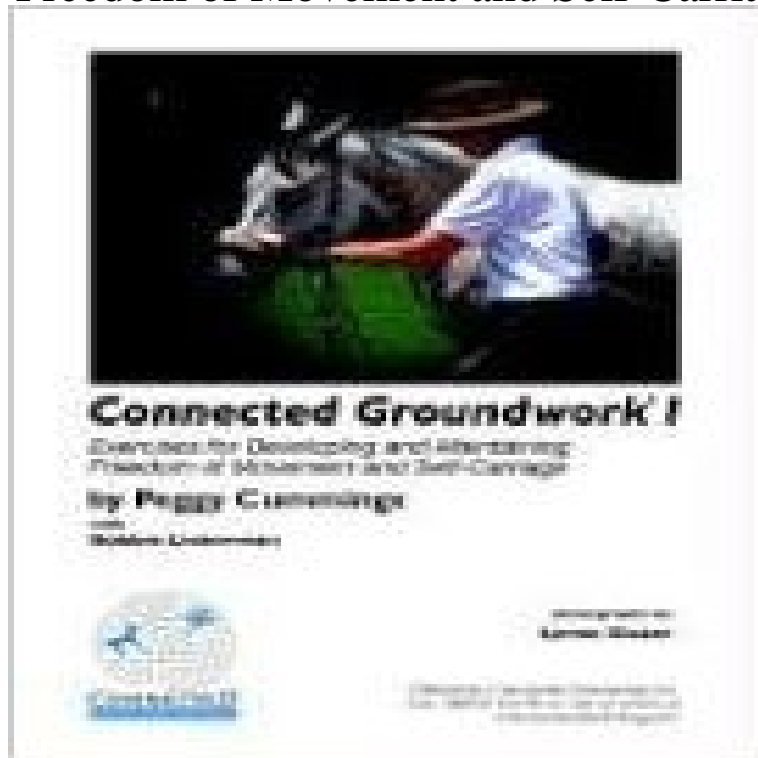


## Connected Groundwork I Exercises for Developing and Maintaining Freedom of Movement and Self-Carriage



Connected Groundwork I: Exercises for Developing and Maintaining Freedom of Movement and Self-Carriage is a how-to manual of groundwork exercises that loosen, re-educate, strengthen and maintain your horse's body to overcome bracing patterns, engage from the hindquarters, lift the back and release from the base of the neck. These exercises are also assessment tools that tell you a great deal about the state of your horse's mind and body and how he is likely to respond under saddle each day. You will learn more about your horse's behavior and movement patterns, how to use your body more efficiently to facilitate postural changes in your horse, see and feel the value of establishing proper movement and warm up from the ground before getting on your horse.

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