



# Pilates for the Dressage Rider: Engaging the Human Spine Using Pilates

*Janice Dulak, Katrin Haselbacher*

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While they use different terms, both Pilates and dressage share an emphasis on the torso, or "Powerhouse" in Pilates-speak, and achieving core strength, good posture, and muscle flexibility. The goals of a Pilates program are often identical to what riders try to achieved in the saddle in the sport of dressage. The book shares three basic goals: to give the reader an introduction to Pilates and basic workout to do at home or on the horse, to help the rider understand and gain control over the engagement of her own spine, and to guide the rider toward using the knowledge gained through the practice of Pilates to help her find new ways to use her body to improve her riding. The exercises in the book have been culled from the over 500 Pilates exercises and have been specifically chosen to best suit the needs of the dressage rider. Clear photos and detailed instructions clarify each exercise. Written with input of physical therapist Katrin Haselbacher, *Pilates for Dressage Riders* is required reading for any serious student of dressage.

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