



The Dressage Horse Optimized with the Masterson Method: Developing and Preserving the Equine Athlete through Effective, Sport-Specific Bodywork

By Jim Masterson, Coralie Hughes

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Welcome to dressage like you've never seen it before! In this fascinating and highly illustrated book, Jim Masterson—creator of the Masterson Method®—teams up with USDF Bronze, Silver, and Gold Medalist Betsy Steiner, renowned author and artist Susan Harris (creator of the Anatomy in Motion® DVD series), and USDF Bronze Medalist, schooling show judge, and Masterson Method certified practitioner and instructor Coralie Hughes. Together, this crack team of experts demonstrates the unique demands put on the physiology of the modern dressage horse; how this affects his training; and what riders can do to improve the horse's ability to perform the movements required at different levels. Viewers will discover:

What goes on in the horse's body during dressage performance.

How to recognize when “hidden” physical restrictions may be limiting the horse's ability.

Sport-specific Masterson Method Techniques that are easy to use to help maintain suppleness, flexibility, and rhythm while promoting longevity in the dressage horse.

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Editorial Review

Review

“The dressage community increasingly recognizes the value of bodywork in helping to keep equine athletes sound and performing well. ... My horse gets regular visits from the massage therapist and equine chiropractor, but Masterson’s gentle approach looks like a worthy addition to his bodywork regimen.”—*USDF Connection*

“A bold new book from leading equestrian publisher Trafalgar Square Books that fills the gap that often exists between trainers, riders, and equine bodywork therapists when it comes to understanding how the dressage horse uses his body in performance.”—**StableManagement.com**

About the Author

Jim Masterson—equine massage therapist for the 2006, 2008, 2010, and 2012 USET Endurance Teams, and for equine clientele competing in FEI World, Pan American, Nations Cup and World Equestrian Games competitions—developed a system in which the horse participates in the bodywork process by showing where tension has accumulated, precisely how much pressure is needed to release it, and when it has been released. The result is an effective method of bodywork that anyone can learn to use to improve performance, while at the same time opening new levels of communication and trust with the horse. Jim is the author of the bestselling book *Beyond Horse Massage* and the DVDs *Beyond Horse Massage* and *Dressage Movements Revealed*. He teaches Masterson Method® seminars and advanced courses to horse owners, trainers, and therapists worldwide (mastersonmethod.com).

Coralie Hughes is a Masterson Method Certified Practitioner and Advanced Instructor. She holds the USDF Bronze medal in dressage and is a graduate with distinction of the USDF L judging program.

Users Review

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Diana Castillo:

The feeling that you get from *The Dressage Horse Optimized with the Masterson Method: Developing and Preserving the Equine Athlete through Effective, Sport-Specific Bodywork* is a more deep you excavating the information that hide into the words the more you get serious about reading it. It does not mean that this book is hard to know but *The Dressage Horse Optimized with the Masterson Method: Developing and Preserving the Equine Athlete through Effective, Sport-Specific Bodywork* giving you enjoyment feeling of reading. The article author conveys their point in specific way that can be understood simply by anyone who read it because the author of this e-book is well-known enough. That book also makes your own personal vocabulary increase well. It is therefore easy to understand then can go with you, both in printed or e-book style are available. We advise you for having that *The Dressage Horse Optimized with the Masterson Method: Developing and Preserving the Equine Athlete through Effective, Sport-Specific Bodywork* instantly.

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