



Ride from Within: Use Tai Chi Principles to Awaken Your Natural Balance and Rhythm

James Shaw

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Have you ever seen a talented dressage rider performing an exquisite test, her seat seemingly melding with her horse's back, and his movements airy, animated, and effortless? Or perhaps you have watched a great cutting horse at work, his direction and momentum changing on a dime as he reads his cow, his rider's body flowing fluidly above him as if they were one. We all dream of experiencing this kind of connection with our horses, and in this groundbreaking new book, James Shaw shows us how the practice of Tai Chi—an ancient Chinese art that unifies the body, mind, and spirit in a series of flowing movements—can help us achieve it. His methods will enable you to: develop a sensitive seat; learn to use your breath as an aid; reduce tension unconsciously held in your hands; lower and expand your center of balance; create free movement in your lower back and spine; heal pain and stiffness in your body; and much more.

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