



# Classical Schooling with the Horse in Mind: Gentle Gymnastic Training Techniques

*Anja Beran*

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With the training of the horse in the "classical" artistic form first taught by Xenophon over 2,500 years ago at its heart, this honest examination of "horsemanship"—past, present, and future—stands alone today in its power of consciousness-raising. Anja Beran's gentle, but insistent, demand that every rider and trainer, beginner or expert, turn a critical eye toward his or her own methods urges readers to never forego their principle responsibilities in terms of their horse's development and welfare. Meticulous, conscientious attention to the physical evolution of the horse during training and patient, correct progression through levels of learning should *always* trump ribbons, prize money, and fame. Within these pages Beran provides readers a twenty-first-century classical riding "how-to" guide. The beginning of the book is devoted to developing the rider's mind, physical condition, seat on the horse, and instruction. Then readers learn how to choose a horse and manage him properly. Finally, Beran explains the complete training of the horse in the classical ideal. Throughout, gorgeous color photographs demonstrate movements and lessons on horses at various stages of schooling. In addition, a final chapter on basic equine anatomy by the renowned German veterinarian Dr. Gerd Heuschmann affirms Beran's methods with science. Whether a novice rider with limited experience, or an expert equestrian; whether training a green youngster or polishing an advanced competitor, this lovely, thoughtful book provides the ultimate modern reference in classical training technique.



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