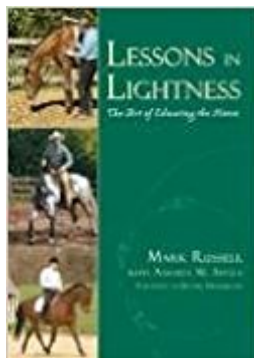


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# Lessons In Lightness: The Art Of Educating The Horse



## Synopsis

A veteran trainer shows how to use traditional dressage exercises for optimum performance and communication between horse and rider.

## Book Information

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## Customer Reviews

"This book is terrific. It is respectful of both horse and rider, written clearly and thoughtfully with an easy to use layout and beautiful illustrations that support Mr. Russell's ideas."-- Horsemen's Yankee Pedlar  
"Follow this book and your horse will thank you for it."--Horse Connection

Drawing on the theories of the old masters of dressage, *Lessons in Lightness: The Art of Educating the Horse* shows how both horse and rider can greatly benefit from traditional dressage techniques and exercises. Written by a thirty-year veteran horse trainer, this is the only book that takes the core elements of classical dressage and applies them as the basis for good general horsemanship today. With this step-by-step program, both horse and rider learn from each other. The rider is taught to focus on subtle nuances of communication, while the horse develops gymnastically so he can respond correctly to the aids. Once the horse masters the basic exercises, the rider not only has a very rideable horse but one that can perform and advance in almost any discipline for which it is suited - from dressage and show jumping to Western pleasure and performance riding. Inside you'll learn: How to teach the horse to release inner tension How to develop the horse gymnastically to facilitate relaxation, create flexibility, and build strength How to enhance the

horse's true and natural gaits How to school the horse in hand and how to ride all the lateral movements How to build engagement for advanced work No other single source in the marketplace today provides the level of detail that readers will find in this book.

Lessons in Lightness: The Art of Educating the Horse In the review of Simmons, Kentucky, I believe it beautifully sums up much of this book and to which I would like to add that this book is in no way technical to read. It is a very clear and easy to read book and also clarifies why certain exercises should be done. It is one thing to have a horse stretch down his/her neck, but quite another to know why we are doing this and what the exercise leads on to. This is the same for the flexions, and the exercises for these are so easily understood and applied. The author also explains that there is a sequential order to the exercises and explains why they should be done in this order for the benefit of the horse's balance. The photographs and drawings strongly complement this book and in the photographs it is clearly shown the differences between a horse starting to engage and use his/her back and one that has fallen forward and needs rebalancing. The type of outline a competition judge should be noticing. If you have done any clicker-training as I have, it will clarify certain of the clicker-training exercises. You will be able to see the reasons for them and how the horse will be benefitting. Personally I found this book entirely absorbing, very readable and unputdownable.

Mark- thank you for writing a book that is easy to understand. Your philosophy is both timeless, and timely. I can't believe the responses I have gotten from my horses from applying your simple and yet so meaningful exercises. I have been searching for someone to explain how to "start" or "restart" a horse from the ground up. I get licking, chewing, and jaw cracking, eye rolling yawns. My horses shake their necks and breath more deeply after the exercises. Thanks so much Mark. My horses are more relaxed, stronger, and focused. I can't say enough. -Rita

I would rate this book twelve stars if that were possible. Not every horseman has an interest in understanding how and why training methods affect the horse biomechanically. But for those who do, I have ridden with this author and read his book, highlighting as I go along. Mark Russell explains completely and I have had almost instant successful results. If you want to understand and not just go through the motions, live by this book!

I stumbled across this in the library and it is now part of MY library. For experienced horsemen, the guidance offered is spot-on and works. Novice, use with your trainer. The first thing I learned was to

lower the bit, as in "no wrinkles" at the corners of the horse's mouth--just try it! Of course, making sure the bit is still in the gap between the teeth. The relaxation in the horse's jaw is immediate. I could go on and on but, you know, READ the BOOK

It's so important for horses to be worked in hand, to build their balance, straightness and strength, so they can transfer the aids from the ground to the saddle and have the ability to be ridden soundly. Ground work also helps to develop better communication and bond between horse and handler/rider. The work in this book is easy to understand and done well, according to sound biomechanical understanding and I highly recommend it.

I bought this book because I was going to ride with Mark Russell and wanted to know what path he would take me and my horse. It was a great experience for both of us. He and I have people in common we know and ways of thinking on the horse that are very close. Having the book put me at an advantage in my lesson and helped me to go farther. Then he signed it for me. The book came timely and in great condition. Thank you Val Waggoner

Lessons in lightnes,by Mark Russell is the best book I've read about an excellent relationship with your horse. He writes it so it's easy to understand just what to do .I wish every horse person would read it. Maybe there would be less whipping,gouging,romping,stomping horse trainers. there are some good trainers,so I don't direct that at them all. there are people that should learn about the horse before they own one,and this book would make a lot of good horse & people relationships.After all, it's all about the horse.

As I read, learn and put the teachings into practice on my horse, it is so gratifying to experiencethe response. After more than 20 years of having a good time together it is so marvelous to seehow we both can improve our inter actions and have even more fun.

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