



The New Anatomy of Rider Connection: Structural Balance for Rider and Horse

Mary Wanless

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For the past 30-plus years, Mary Wanless and her bestselling Ride with Your Mind books and DVDs have helped revolutionize the art and science of riding horses. Now she takes her pioneering techniques—which combine a lifetime’s influences from the fields of psychology, biofeedback, neuro-linguistic programming, the Alexander and Feldenkrais techniques, Tai Chi, massage, dance, anatomy, sports psychology, and educational kinesiology—to a whole new level.

In her newest book, Wanless teams up with Anatomy Trains® creator and author Thomas Myers to examine how the “fabric” of our bodies (fascia) can potentially allow us to generate both stability and what so many riders find elusive even after years in the saddle—“feel.”

Recent research shows how the body-wide “net” of fascia that both wraps each muscle and connects your skin to your bones can be the source of postural imbalances and the resulting restrictions in your movement. Wanless posits that the difference between “average” and “elite” riders lies in the quality of connection and awareness within this fascial net, and she gives us the means to take practical and meaningful steps toward addressing such issues, resulting in extraordinary change in the way we look and feel on horseback.

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