

# Body Mechanics: Does it really apply to ALL ability rider?

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PATH Intl.: Advanced TRI, ESMHL, Instructor Mentor, Registered Instructor Associate Faculty/Evaluator

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## **RESOURCES: Websites and Social Media**

- International Society of Rider Biomechanics <https://riderbiomechanics.net/>
- Ride With Your Mind <http://www.mary-wanless.com/>  
[@RideWithYourMind](#)
- Dressage Training TV (has RWYM info) <https://dressagetraining.tv/>  
[@MasterDressage](#) [@DressageTrainingTV](#)

## **RESOURCES: Suggested Reading**

*Most books below available on Amazon. Links on Hoof Falls & Footfalls Website under "Resources & Links"*

- *The New Anatomy of Rider Biomechanics by Mary Wanless*
- *Anatomy Trains by Thomas Meyers*
- *The Basics by K.A. von Ziegner*
- *Centered Riding by Sally Swift*
- *Advanced Techniques of Riding by the German National Equestrian Federation*
- *USDF Guide to Dressage by Jennifer Bryant*
- *United States Pony Club Manual by Susan E. Harris*