



**Simplify Your Riding - Ride Like a Natural [DVD]  
[2006] [Region 1] [NTSC]**



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*Wendy Murdoch*

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Running time: 40 minutes

**Synopsis**

In this guide, horse riders can learn how to develop impeccable balance, flawless timing, and an inherent sense of feel. A series of exercises will enable equestrians to ride with an ease and ability never experienced before. Whether riding Western or English, novice or advanced, the Murdoch Method will improve communication, comfort, and ultimately, the horse's performance in minutes, rather than a lifetime. In part three, riders will learn how a rider's skeleton is affected by the seat, exercises for building strength and stability, and balance and muscle memory on the ground to help you in the saddle.

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