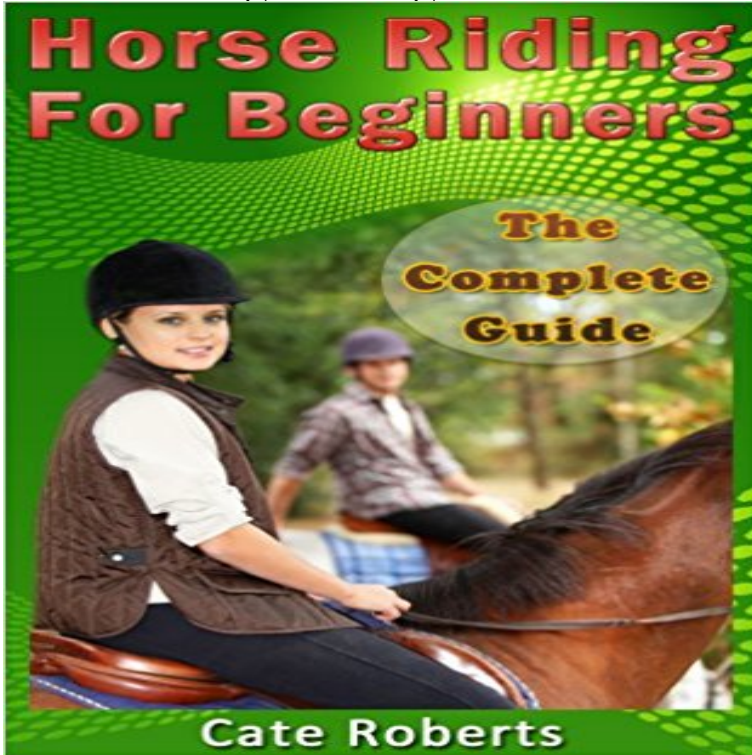


Horse Riding For Beginners - The Complete Guide



No hour of life is wasted that is spent in the saddle. - Winston Churchill
In riding a horse, we borrow freedom. - Helen Thompson
The essential joy of being with horses is that it brings us in contact with the rare elements of grace, beauty, spirit and freedom. - Sharon Ralls Lemon
Have those quotes inspired you to saddle up? Hopefully they have, because horseback riding is an incredibly enjoyable experience. No matter what your age or experience level is you can begin taking horse riding lessons for beginners, anyone can join the exciting world of horses. The physical and mental benefits are vast, as you will soon see for yourself. You will find plenty of horse riding tips for beginners inside this book. Nothing can replace first hand experience, and it is advisable that you find a qualified instructor to help you safely build your skills and confidence. You can even look at going on horse riding holidays for beginners, but before you head for the holiday or to the barn for that matter, read through this book Horse Riding For Beginners to arm yourself with some fundamental knowledge about horses.

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