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Pferde sinnvoll lösen: Praxishandbuch Losgelassenheit (German Edition)

Katharina Möller

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Pferde sinnvoll lösen: Praxishandbuch Losgelassenheit (German Edition) Katharina Möller Losgelassenheit ist eine Grundvoraussetzung für gesunderhaltendes Reiten und sinnvolle Gymnastizierung. Doch gerade dieses wichtige Element geht im Alltag allzu häufig verloren. Dieses Buch erklärt, von was die Losgelassenheit in der Praxis abhängt und wie man sie erzielen, verbessern, erhalten und wiederherstellen kann. Hauptaugenmerk liegt auf praktischen Anleitungen für die lösende Arbeit, wobei unterschiedliche Reiter- und Pferdetypen mit ihren jeweiligen Vorlieben berücksichtigt. werden. Das Buch verfolgt einen klassischen Ansatz, ist dabei aber nicht auf eine bestimmte Reitweise festgelegt. Vielmehr soll eine Brücke von der Losgelassenheit in der deutschen Reitlehre zu der Vorstellung von der Leichtheit in der französischen/iberischen Reitweise geschlagen werden. Dabei wird die große Bedeutung unterstrichen, die die mentale Verfassung, die Zufriedenheit und die freiwillige Mitarbeit des Pferdes in dieser Hinsicht haben. Die zahlreichen Übungen erfährt der Leser, wie genau er diese nutzen kann und worauf bei der Hilfengebung und Kombination zu achten ist, damit sich die Losgelassenheit einstellt. Dabei lernt der Leser zu deuten, ob und wann er sich auf sondern helfen ihm auch ein besseres Gefühl dafür zu entwickeln, ob und inwieweit sein Pferd sich auf dem Weg zur Losgelassenheit befindet.

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