



Zurück in den Sattel: Endlich wieder reiten (German Edition)

Marlitt Wendt

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Der Kindheitstraum vom Glück auf dem Rücken der Pferde begleitet viele Menschen auch in langjährigen Reitpausen, die sich oft aus beruflichen oder familiären Gründen ergeben. Damit aus einer schönen Erinnerung eine tragfähige Zukunftsvision werden kann, zeigt das vorliegende Buch unterschiedliche Möglichkeiten für eine harmonische Beziehung zwischen dem Wiedereinsteiger und dem Pferd auf. Die Autorin gibt Tipps, wie man die richtige Reitschule findet, welche Reitweise die passende ist und woran man einen guten Reitlehrer sowie gute Lehrpferde erkennt. Besonderes Augenmerk liegt auf den vielfältigen Ängsten und deren Bewältigung sowie den über Jahre gewachsenen Zweifeln, die es auszuräumen gilt. Da Balance ein so wichtiges Thema beim Reiten ist, wird dem Bewegungslernen ein eigenes Kapitel gewidmet. Das Buch setzt auf eine systematische Beschäftigung mit den eigenen Wunschvorstellungen mithilfe angemessener Methoden, damit der Weg zurück in den Sattel ein konkret umsetzbares Ziel wird.

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