



# **The Centaur Reborn - Holistic Horsemanship and the Foundation for Optimal Performance**

*Peter Speckmaier, Sabine Kells*

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Holistic Horsemanship and the Foundation for Optimal Performance. The Centaur Reborn gives insight into how to establish optimal horse health, horsemanship, and top equine performance. In addition to a brief review on correct lifestyle and hoof care, it covers areas such as tack fit and horse nutrition, psychology, anatomy and physiology, especially as these relate to training, riding, and rehabilitation. Peter Speckmaier, one of the authors and the world's first Certified Strasser Hoofcare Specialist, is also a Chiron Jumping instructor; in this book he shows how basic Chiron jumping training can establish a horse's willing cooperation without force. Chiron-trained horses are often jumped without reins or headstalls, over obstacles such as ropes or streams of water shooting out of a garden hose. This book concludes with a brief history of Caprilli, the man who revolutionized jumping in the late 1800s.

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