



Want to take your training and performance to a whole new level?

Riding out of your mind

Equestrian sport psychology clinics

April Clay, Psychologist and former competitive rider and judge

You will learn:

- ✓ Targeted visualization
- ✓ Avoid performance-disrupting mental traps
- ✓ Manage your self talk and emotional state
- ✓ Stay focused and calm in the clutch
- ✓ Learn recovery strategies to rebound quickly from errors
- ✓ Develop winning concentration

And more...so treat yourself to a mental makeover. Your horse will thank you.

**Find out more at www.ridingoutofyourmind.com
Then sign up below and don't forget to tell your barn-mates to do the same!**