

£120

The Confident Rider

One-day workshop

18th September 2010 at
Broomfield Hall, Derbyshire



Need help with confidence or fear issues?
Fed up with feeling anxious or tense about
riding?

Want it to be fun and enjoyable?

We can help!

Call Esther on 07736 280947 or email confidence@estherpatrick.com

Lindsay Wilcox-Reid, Esther Patrick and Jane Reid are running a one-day workshop to give you a safe, secure seat and transform your riding hang-ups into a positive, confident mindset. Lindsay is a British Dressage registered trainer and the creator of Equipilates™, the revolutionary Pilates technique for horse riders, Jane is a qualified Hypnotherapist with years of experience in helping riders to achieve peak performance and regain their confidence. Esther is an Emotional Freedom Techniques practitioner whose passion is helping people to enjoy their horses again by using simple but powerful techniques. Together, we can help you to transform your confidence, get rid of your fears and feel calm, relaxed and confident as a rider.

What will we cover?	
9.00 – 9.30	Arrival, registration and introductions.
9.30 – 10.00	Welcome and personal goal setting What do you want? What would it be like to have it?
10.00 – 11.30	Equipilates™ 1 with Lindsay Introduction to safe, confident riding using the principles of an aligned spine, core stability, breathing and overcoming the fear stimulus. Wooden horse work and 1-2-1 attention from Lindsay.
11.45 – 12.45	Group 1 with Esther Overcome your personal barriers, limiting beliefs and past memories that hold you back using Emotional Freedom Techniques (EFT), a self-applied 'talk and tap' technique. EFT is a tool you can take home and keep using yourself! Handout provided. Group 2 with Jane Understand how and why your subconscious mind sabotages your confidence. Begin to retrain your mind using Neuro Linguistic Programming (NLP) techniques and learn how to apply the Equipilates™ principles back at home. Handout provided.
12.45 – 1.30	Lunch (bring your own packed lunch)
1.30 – 2.30	Group 1 with Jane The morning groups rotate and group 1 now have a session with Jane using NLP techniques. Group 2 with Esther The morning groups rotate and Group 2 now have a session with Esther using EFT.
2.30 – 2.45	Tea break (tea/coffee/biscuits provided)
2.45 – 4.00	Equipilates™ 2 with Lindsay Equipilates™ mat work to strengthen your core, improve your balance and develop a secure seat.
4.00 – 4.15	Where do I go from here? Identifying actions and resources to maintain your new confidence.
4.15 – 4.30	Summary, discussions and close.

**Lindsay, Jane and Esther are also available for follow-up support after the workshop.
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