

SPORT PSYCHOLOGY CONSULTATION

Harnessing the Power of the Mind in Equestrian Sport



Sport Psychology and the Equestrian

A Three Part Seminar Series on the
Psychology of Riding
Presented by Equestrian Sport Psychologist
Paul T. Haefner, PhD



The Five Pillars of Success

March 6, 2012

The New Power of Positive Thinking

April 3, 2012

Visualization and Beyond

May 1, 2012

Learn the keys to unlocking your potential and harness the power of your mind in creating your ultimate ride. Improve your performance and your horses. Open to all levels and disciplines.

The cost is \$25 per session and includes dessert and coffee. Preregister for all three seminars in advance and save 20%. [To register on-line click here.](#)

Location is Buchanan Hall in Upperville, VA. Directions are available on their website: www.buchananhall.com.

All seminars are two hours and start promptly at 7 pm. For more information call Dr. Haefner at 703.727.3205 or email him at