



Harnessing the Power of the Mind
in Equestrian Sport

Sport Psychology and the Equestrian

A Three Part Series of the Psychology of Riding Seminars

Presented by Equestrian Sport Psychologist

Paul T. Haefner, PhD

The Five Pillars of Success
The New Power of Positive Thinking
Visualization and Beyond

March 6, 2012
April 3, 2012
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.

For more information contact Dr. Haefner at 703.727.3205 or info@ridingfar.com.