

Join NAC of ADA as we host:

Horsemanship Sport Psychology Seminar and Workshop

with Laura Borghesani

Certified Member of the Pressure Proof Training Team

For All Disciplines, Non riding

Date: Saturday, April 22
Venue: 12920 N Quartz Creek Trail, Prescott, 86305
Seminar: 11:30 am - 12:30
Lunch: 12:30 to 1:30 (provided)
Workshop: 1:30 - to 2:30
Cost: \$45

Do you have anxieties, fears, triggers which hinder you from doing your best?

Whether you compete or just have butterflies when you work or play with your horse...

Join us to learn how to calm our fears, overcome performance anxiety, recover from mistakes, become more confident and courageous. Laura has been a part of multiple aspects of equestrian life for over 40 years. Her passion is coaching riders and their horses of all ages and levels to be courageous, calm, strong and confidently independent in every aspect of our challenging sport.

ENTRY FORM:

Name_____ **Discipline**_____

Address_____

Email_____ **Phone**_____

* Mail checks, payable to NACofADA and THIS FORM to Nicole Howey,
8725 E Morning Star Ranch Rd, PV, 86315

* PRE-REGISTER TO RECEIVE GATE CODE

