

CLINICS, SEMINAR & WORKSHOP

PRESENTED BY FORMER US COACH, AUTHOR AND INTERNATIONAL CLINICIAN

DANIEL STEWART



TURNING SETBACKS INTO COMEBACKS!



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RIDING CLINICS

COACH STEWART'S AMAZING PRESSURE PROOF CLINIC SERIES TEACHES RIDERS HOW TO DEVELOP CONFIDENCE, FOCUS AND SUCCESS BY LEARNING HOW TO RECOVER AFTER MAKING MISTAKES AND OVERCOME MENTAL CHALLENGES LIKE NERVES, PRESSURE AND SHOW-JITTERS.

EQUESTRIAN FITNESS

LEARN A SERIES OF HIGH ENERGY RIDER-SPECIFIC EXERCISES THAT IMPROVE YOUR STAMINA, BALANCE, SYMMETRY, CORE STRENGTH, SUPPLENESS, ETC. USING MEDICINE AND EXERCISE BALLS, FIT BANDS, BALANCE PODS, BATTLE ROPES, AGILITY LADDERS AND MORE!

SPORT PSYCHOLOGY

LEARN HOW EASY IT CAN BE TO BUILD CONFIDENCE, FOCUS, WILLPOWER AND A POSITIVE ATTITUDE BY LEARNING A SERIES OF MOTIVATING TOOLS TO CONTROL THE PRESSURE, FEARS, DOUBTS, SHOW JITTERS AND DISTRACTIONS SO OFTEN RELATED TO RIDING OR SHOWING.



NOVEMBER 14 - 15, 2015

NORTH RIDGE FARM

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ABOUT COACH STEWART

Daniel Stewart has been a successful international trainer and instructor for over 25 years. In addition to the US, he's trained riders in Spain, Portugal, Canada, Mexico, Switzerland, Belgium, England, United Arab Emirates, Greece and West Indies. From 2000 to 2008 he coached riders on several US Equestrian Teams at World Championships, World Equestrian Games and Olympics. As the internationally acclaimed author of "Pressure Proof Your Riding" and "Ride Right" he's widely considered one of the worlds leading experts on equestrian sport psychology, athletics and performance. He teaches clinics to thousands of riders each year and is a popular speaker at many national equestrian conventions. Coach Stewart lived in Andalusia Spain until recently but now resides in Naples FL where he teaches online instructor certification classes to riders who want to teach his many unique clinics, seminars and workshops. He also offers private sport psychology sessions via webcam to riders looking to overcome mental challenges.

**PRESSURE
PROOF
YOUR RIDING**



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