

**Valley Oaks Chapter
Presents
Sport Psychology Strategies For Dressage
with
Seana Adamson PhD**

October 17 & 18, 2009

Held at Starr Vaughn Equestrian

October 17: 9 am to 4 pm

A full day class room seminar covering the following topics:

Cost \$45.00 includes lunch

The brain waves of peak performance

Performance anxiety

Concentration, focus and memorization

Visualization and mental rehearsal

Self talk and affirmations

Hypnosis and self hypnosis

October 18 limited spots available -

A private sports psychology counseling session 1 hour

Cost \$125.00

A private dressage lesson 45 minutes Cost \$100.00

Stabling available



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for application