

Ride The West HORSE AND RANCH EXPO

About Daniel Stewart

Daniel Stewart has been a highly successful international competitor and trainer for over 20 years. From 1999 to 2007 he coached riders on several U.S. teams to success at many world championships and Olympics. He currently divides his time between Andalusia Spain and Santa Barbara CA and is the author of the internationally acclaimed book *Ride Right*. Prior to becoming a U.S. coach he earned a degree in Exercise Science and Psychology and worked as a consultant to other national riding teams including Portugal and Canada. In 2008 he left the U.S. equestrian team to share his knowledge and experience with the U.S. riding community and is now considered one of the worlds leading authorities on equestrian sport psychology, biomechanics, and performance. He teaches clinics and seminars to thousands of riders each year and has recently launched a program to certify riders to teach his many unique workshops, seminars and mounted clinics.

Seminars

Equestrian Sport Psychology

A valuable and informative seminar teaching stress management, goal setting positive thinking and visualization techniques to help riders maximize success, focus, enjoyment and confidence while minimizing stress, fear and performance anxiety while riding.

Equestrian Cross Training Workshop

A unique workshop teaching cross training exercises that help riders identify and solve imperfections with their balance, symmetry, suppleness, posture, core strength, etc. by using exercises and a unique balance-board designed especially for riders.

**Welcomes
Daniel Stewart
May 22-23-24, 2009
at FAB Quarter
Horse Ranch,
Spokane, WA**

RIDE RIGHT

with
**DANIEL
STEWART**

Coach to US Endurance
Team and US Paralympic
Dressage Squad



Balance Your Frame and Frame of
Mind with an Unmounted Workout
and Sport Psychology System

Mounted Clinics

Video Analysis Clinic

Two great clinics (flat or jumping) that help riders identify and solve imperfections that affect their performance and success by letting them watch and analyze themselves on videotape (frame-by-frame). When an imperfection is identified Coach Stewart will explain the causes and the many possible solutions. Immediately after the analysis the riders start improving their position by riding in a 45-minute follow-up lesson.

Flat: Does your leg swing at the canter, do you have difficulty sitting the trot, sit crooked or have one leg that works better? If so, this clinic "shows" you the causes and solutions.

Jumping: Would you like to improve your approaches, takeoff, jumping position and landings... if so this clinic "shows" you how.

General Information

Video Analysis Clinics are great for riders of all ages, disciplines and levels. Riders learn to identify and solve imperfections that may be hindering their performance by watching and analyzing themselves (frame-by-frame) on video.

What's included in a Video Clinic?

- ✓ 1 hr. mounted session to videotape.
- ✓ 2 hr. frame-by-frame analysis of video.
- ✓ 45 min. mounted lesson to improve the imperfections found in the analysis.

To register for the EXPO Clinics contact

Susan Rae 509.466.9639

susanrae@ridethewest.net

www.ridethewest.com

Mounted Clinics

Psycho Clinics

For the first time ever, an equestrian sport psychology class... on your horse where you belong! As riders, we continually encounter stressful and unpredictable events and how we handle them greatly influences our ability to succeed. With this in mind, six unique mental preparation clinics - *Psycho Clinics* - have been designed to teach riders how to control feelings of stress, confusion, doubt and performance anxiety in their practices so that these negative emotion will no longer affect them in their competitions.

Most riders agree that one of the greatest challenges we face while schooling and showing is mental, yet most of our practices focus only on the physical. Let the BOX, ZIPPER, DICE, TEST, BLIND and GOAL help you gain control of your *motions* by helping you to gain control of your *emotions*.

The TEST

A demanding clinic that tests your ability to memorize complex courses, approaches, lines and combinations.

The BOX

An intense clinic that tests your ability to remain calm while riding confusing patterns and dealing with last minute changes of plan

The DICE

A fun and very tricky clinic that tests your ability to identify successful ways to ride difficult and challenging lines and courses.

The ZIPPER

A fast paced clinic that tests your ability to make quick and confident decisions while facing a series of complicated approaches.

For more information about Daniel Stewart and his Clinics please visit his website at

riderrightnow.com