



# Get in *The Zone*

## Improve Your Dressage Scores Using the Power of Visualization

In this two-day clinic, learn visualization techniques to optimize your dressage performance. Master your mind so you never leave your performance up to chance again. Walk away with tools you can use so you can bring your best for yourself and your horse.

*"The only limits you have are the ones you put on yourself."* - Jane Savoie

### You'll learn:

- To create your own, customized visualization that really works to prepare for every big ride
- To release tension in the saddle and up-level your connection with your horse
- How to use your mind and body to more effectively communicate what you really want

### Who this clinic is for:

- Competitive riders who know that they sometimes get in their own way and want to do better
- Riders who are tired of struggling through their dressage tests
- Riders who want to create stronger teamwork with their horse

January 26 & 27, 2019

9 am - 5 pm Daily

Paula Paglia Dressage

29292 N. 78th St., Scottsdale, AZ

### Investment

Saturday & Sunday - \$250 (Mounted)

Saturday & Sunday - \$150 (Unmounted)

Single day  
options  
available

Limit: 6 Participants

Payment in full required to reserve your spot.

For Details and Registration, Visit  
[www.TheFeelingRider.com](http://www.TheFeelingRider.com)

"Emily! OMG. That was a huge fix! Hands down the best I've ever ridden him! Thank you!" - Amy J.  
(after a guided ride visualization)

*Emily Glidden, Ph.D.* is the creator of Gestalt Riding, a unique approach to riding instruction that integrates the whole self for optimal performance and enrichment. Her programs incorporate biomechanics, performance coaching, somatic awareness and classical dressage principles. She first used visualization techniques to win National Championships in Arabian dressage when she was 16 and has been a huge proponent of the power of the imagination ever since.