

TRUE ALIGNMENT MASTERCLASS (Horse & Rider)

Kickstart your season!

By EVD Elevate Equine

Align with your goals, release old patterns and get intentional to achieve your next big breakthrough!

After this course you will:

- Have a clear plan, turn your dreams into intentions to **get results**
- Enter your season with confidence and **clarity**
- **Recognize** & release tension patterns in your body
- Recognize & **release** tension patterns in your horse
- **Reset** your mind & thoughts to transfer softness & clarity into your horse
- Teach your horse **accountability** & increase his / her mental capacity
- Understand **energy** & effectively apply it to your horsemanship
- **Balance** your horses nervous system, learn the signs so you can reset anytime
- Address rider **habits** & patterns, have a plan to use your strengths and address weak areas
- Ride with **intention**, know what drills to set up when and **why**
- Have a **confident** & balanced horse, become highly aware of your cues
- Increase your horse's core strength, stabilizer muscles and symmetry for **long term** soundness
- Have an **unshakable** mental & physical foundation for both horse and rider

Details:

- This masterclass is suitable for any discipline from novice to competitive riders
- For any stage of your journey, this work will progress and evolve with you and your horse
- All exercises have a novice to advanced variation suitable for the stage of training you are at
- Easily implement this into your current program or focus solely on the masterclass
- Modules 1 & 2 do not require a large area (for those with limited resources)
- Self paced, you may spend more time in one area than another
- Also suitable for those in their "off" season or coming back from an injury or setback, you can work your way up to the riding portion
- Expect 3-6 months to work through the Masterclass material
- The masterclass is packed with videos, PDF's as well as my personal habit trackers & routines
- You must come with an open mind, ready to reflect & to do the work!

COURSE OUTLINE

Module One: THE RIDER

1. Recognize energy, thought processes & tension patterns
2. Release what is no longer serving you and may be passing onto your horses
3. Create a system to refocus on positive outcomes
4. Subconscious mind vs conscious mind
5. Vision Board, mind map, core values, dreams vs intentions
6. Yearly goal breakdown, align your subconscious with your vision
7. Create daily habits to reach your goals
8. Implement your system (journalling, meditating, refocusing, movement, tracking habits)

9. WORK YOUR SYSTEM & BE ACCOUNTABLE

Module Two: THE HORSE

1. Recognize tension patterns & stressors (in the barn, pasture, day to day, competing etc)
2. How can we alleviate some of these, what is the root cause?
3. Evaluation: is it mental or physical tension? What is the root cause?
4. Equipment check & discussion
5. Exercises to release mental tension, soften the mind to soften the body (horse and rider)
6. Start your conditioning program specific to you and your horse
7. Groundwork to recognize & release physical tension
8. Exercises for core strength & stabilizer muscles
9. Conditioning for correct posture & symmetry
10. Reflection & journaling your work, tracking your progress

Module 3: THE TEAM

1. Training for accountability (stop holding your horse), let go of perfectionism and accept the ugly
2. Energy as a team, recognizing & getting into the zone you need
3. Evaluating rider under saddle- mind, symmetry, recognizing tension patterns
4. Evaluating horse under saddle- mind, symmetry, tension patterns
5. Drills for timing, accountability & awareness
6. The riders mind under saddle, connection, breathwork and softness
7. Under saddle drills to improve connection, agility, power & confidence
8. Common problems, learning to diagnose & move through them with confidence
9. Drills for your horses core strength & mobility while engaging their mind
10. Sport specific conditioning
11. BONUS: Under saddle exercises for rider balance while focusing on breathwork & control
12. BONUS: Pre & Post Ride meditation for intention & reflection

PRICING

Option One: Course Material Only

\$149.99 + tax CDN

Purchase anytime, material available January 15th, 2025

- First 5 registrants will get a FREE bonus video review & coaching call
- 6 month access to course material

Option Two: 3 Month Mentorship & Community + Course Material

One time purchase: \$550 + tax CDN **OR** 3 monthly payments \$205 / month + tax CDN

- 3 months (6 sessions) of Bi- Weekly Video Review (can be older videos and / or current videos) accompanied with a 30 minute coaching call & assistance with a 2 week plan
- 3 month access to the Community chat inside Elevate Equine with accountability check ins
- 6 month access to course material

FOLLOW UP CLINIC (Not included in your Masterclass purchase, optional add on)

Tentative Date: May 18th & 19th, 2025. Location: Rutherglen ON. Canada

Register online: www.elevate-equine.com OR email Elana at elana@elevate-equine.c

