

Integrate Mastery

When technical skills, confidence, and presence are aligned, horse and rider are in sync and partnership feels easy. You finish your ride on a high, feeling accomplished and driven to achieve your potential, with a clear vision of your dreams becoming reality. The ability to hold yourself and guide your horse in each moment is the key.



Transform

12 Weeks of Integration

Develop enjoyable, consistent flow that yields performance results.



Using your unique horse-rider partnership as a dynamic feedback loop, we'll diagnose barriers and elevate understanding to move you from frustration to success. Weekly riding lessons and strategic coaching sessions combine to address physical, emotional, and mental aspects of your training and performance, supporting continued growth for both you and your horse. You'll hone practical skills, explore theory and mindset, and gain confidence in and out of the saddle.

Elevate your skills, own your performance

This program is ideal for riders seeking to improve both technical and soft skills needed for successful partnership with their horse. We'll bring mental and riding skills to the same level.

- 12 Riding Lessons + Homework for Solo Rides
- 3 Unmounted Coaching Sessions
- Personalized Workbook
- Video Review & Troubleshooting

We focus on development of horse, rider, and partnership with structured guidance, critical analysis, and insightful instruction tailored to your goals. Start your season on the right foot, cultivate a relationship with a new horse, make a comeback from injury, or interrupt dysfunctional patterns and move forward. All levels are welcome.

“Anna was a lifesaver for me and my green QH. He shied at everything including grass! She recommended we complete a do-over and start from the beginning. Her expert knowledge, unlimited patience, sharp eye, and amazing kindness has brought us to a great place together. Without her I don't think I would have kept him.” — **Lisa**

Inquire today, schedule your free Discovery Session:

blueflagequestrian@gmail.com | cal.com/blueflagequestrian/discovery