



An athlete centered approach to coaching and instruction emphasizing development of both horse and rider. Customized to your unique needs, and incorporating all aspects of training and performance.

In the 12 week program, you will establish a personal SMART goal to guide your efforts with check-ins along the way. In addition to skill building and horsemanship, you'll explore theory, mindset, and physical training to carry your daily progress into competition.

The 4 week program focuses on riding skills and theory to expand your and your horse's abilities, reveal your potential, and continue to improve in both skill and relationship.

#### Contact

[blueflagequestrian@gmail.com](mailto:blueflagequestrian@gmail.com)

#### Visit

[www.blueflagequestrian.com](http://www.blueflagequestrian.com)



# BLUE FLAG EQUESTRIAN, LLC

Virtual Coaching Programs facilitating and motivating riders to reach their goals with a framework of riding instruction, coaching, critical analysis, and support. Hybrid options for virtual and in-person coaching are available for riders in the DC area, and out of town travel can be arranged for half, full, or multiple day instruction.

## 12 WEEKS: \$1000

Ideal for riders working towards a goal to receive personalized and structured guidance on the path, to improve their skills and partnership with their horse, and meet their edge for peak performance.

#### Includes:

- 12 Lessons / 1 per week
- Suggested exercises for solo rides
- Goal and Schedule Planning
- Unmounted Check-in, and Goal Review
- Unmounted Video Review & Troubleshooting
- Additional lesson(s) available



## 4 WEEKS: \$250

Perfect for riders looking for continual progress and ongoing instruction personalized to their goals and abilities.

#### Includes:

- 4 Lessons / 1 Lesson per week
- Suggested exercises for solo rides
- Option to add on services

## ADDITIONS:

Video Review Call	\$35
Troubleshooting Call	\$35
Single Virtual Lesson	\$60

Contact Anna for in-person lessons and show coaching.