

HORSEINMIND 10-DAY PROGRAM

Day One

Collection Day!

Getting to know you and your horse.

Please complete the HORSEINMIND onboarding *survey* by 4:00pm Monday January 23, 2021. This will be extremely helpful in order for me to understand some of the challenges you may be having and what you want to accomplish!

I will also be requesting that you send any short, recent *video* clips or *photos* of you and your horse (specifics will be requested) in order for me to have a general understanding of your horse's anatomy and your riding level. We can contact each other through the email address you submitted in your survey as well as over Facebook as images and videos tend to preserve their quality through messenger!

Day One will also include an audio recording made especially for YOU available on the www.springeneq.com website. This audio is *free* for all participants using the promo code "betahorse1". Please download from the site and have a listen!

Day Two

Tell me about your ride.

If you are able to have scheduled a ride on Monday or Tuesday (today) I would like to get on a *call* and chat about how that went. If not, no problem! We will have a discussion about your last couple rides. What were any issues you had? I will have questions further to the survey you filled out yesterday. Think about some of the ways that you've been challenged in your last few rides so we can discuss them together.

In order to book calls on Tuesday we will be scheduling those via email. I have several times available and you can let me know when you can spare 10-20 minutes of your day!

Day Three – Day Eight

In this section of the program you will be sent custom *outlines* for your rides. Because everyone is not able to ride on the same days as one another these will be slightly different for everyone.

Once you have an exercise, feel free to ask any questions and to try it out in your ride. I will be looking to book a quick chat via Facebook or Phone on those days to go over the specifics of the benefits and challenges you faced in that particular ride. Feel free to be creative and send videos if you have the capacity!

There will be more free *audio* recording content available for you during this time to download and listen to on the www.springeneq.com website. Promotional codes will be provided through your email.

Day Nine

SPECIFICS!

On Day Nine we will do some reflecting and use that as motivation for a “going forward” plan. You will be sent another *survey* to fill out in order to better understand what is and isn’t working for you and your horse! We will also plan to ride on either this day or Day Ten of the challenge so you can get in one more ride and discussion.

Day Ten

With results from Day Nine’s survey and the other riders in the program you will be sent an online *PDF* compilation of exercises to use going forward with you and your horse and access to a wrap up *audio* on the www.springeneq.com website.

If you have any last-minute questions or things you want to discuss, I am more than available to book in the time! Finally, be sure to not be too hard on yourself and be open to learning *from* your horse, as they are truly our best teachers!

Contact List

Email: springenequestrian@gmail.com

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