



Charlotte Cannon Relaxation & Confidence Building Clinics

Need Relaxation?

Want more Confidence?

Are you ready to skyrocket your understanding, skills, and performance to an entirely new level?

Learn the key to switching off the fear/survival reaction, and to turn on the confidence/joy response!

It really works, it's science, and it's fun!

What do you do at a single day clinic?

Knowledge

We begin by meeting in a comfortable space to introduce all the new concepts without distractions. Everyone gets a full information packet so that they can sit back and soak in the ideas without fear of missing any details.



Demonstration

Once everyone understands the basics, we move out to the arena where Charlotte uses a participant's horse to demonstrate the simple, effective techniques, points out common mistakes, and answers questions.

Playground of Safety

All participants will bring their horses into the ring and learn a new technique that will often replace lunging with vastly better results. They will learn to recognize the subtle signs of relaxation and self-soothing, and how to set up your daily ride or session for success.



Equine Tapping/Endotapping

All participants will learn how to condition their horse to have relaxation and connection response from Tapping with a stick. They learn to use stress as a trigger, or cue, for their horse to go to relaxation and endorphin release as a coping mechanism and reward, instead of going to adrenaline, fear and anxiety.

Connect the Skills to Obstacles

Once the horses have learned to use relaxation and endorphin release to cope with stress/fear, we create puzzles for the horses to solve with common scary objects. Charlotte teaches the best way to help a horse go from fear to confidence, and participants play with a variety of tools to reinforce this pattern.

Charlotte Cannon Clinic at Palisades Equestrian Center

Single Day Clinics

Saturday, April 5- Open to PEC and PES students only

9am-5pm

Potluck Lunch- Please bring a side, PEC will provide the main course

10 participant maximum with instruction groups of 4-5

\$300 per participant

Sunday, April 6- Open to non-boarder participants

9am-5pm

Haul in only- overnight stalls will not be available

Pizza lunch will be provided

10 participant maximum with instruction groups of 4-5

\$300 per participant

Auditors welcome both days- \$40 Audit fee per person at the door

Auditors Please bring a chair!

Please contact Emily Frye to register efrye@pescharlotte.org or 276-206-0425