



Colleen Flanagan, fear release expert with clients on six continents, **developed these proven programs to help riders** of all ages to regain their confidence in FAR less time than other methods. Contact her for a complimentary strategy consultation to discuss how Colleen can help you clear your riding fears.

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[Equestrian Fear Clearing Web Page](#)

Relaxed Rider Program for Pleasure Riding – Basic Program: To Safely and Fearlessly Ride in an Arena

This program is for you if you're afraid to handle or ride your horse in an arena.

Pay for all 4 in advance and get 20% discount!

PART ONE | Fee - \$95 | Time - 60+ minutes

Finalizing the Basics to be Achieved – Begin the Emotional Release

Identify:

- 1) Motivations for riding
- 2) Riding fears, negative and positive mental imagery
- 3) Your use of riding relaxation and/or breathing techniques
- 4) Appropriate progressive riding goals that are comfortable to you
- 5) First fears to clear, then conduct the fear clearing to reach the first comfortable goal.

Completing Part 1 is a prerequisite to Part 2. **If within a week after this first session you don't feel like this program can help you**, your entire investment will be refunded upon your request.



PART TWO | Fee - \$95 | Time - 60+ minutes

Discuss progress since last session, new or existing handling/riding fears and clearing them (Session material included)

- 1) Learning simple breathing and relaxation techniques (in material)
- 2) Self-reliance: Learn emotional release, including shortcuts (in material)
- 3) Clearing the physical and emotional beliefs that prevent you from enjoying your horse and meeting riding goals
- 4) Work toward total release of riding fear, depending on the fear severity

Homework: see how far you get in approaching, handling, saddling, mounting or riding your horse in the safety of an arena, record these results, emotions and concerns for release in Part 3.

Completing Part 2 is a prerequisite to Part 3.

PART THREE | Fee - \$95 | Time - 60+ minutes

Progress Evaluation and Clearing Session

- 1) Review your recent homework experiences and associated emotions
- 2) Assess what worked well and what can be improved upon
- 3) Clear remaining riding fears or anxieties
- 4) Select a new riding goal, e.g., to trot in an arena

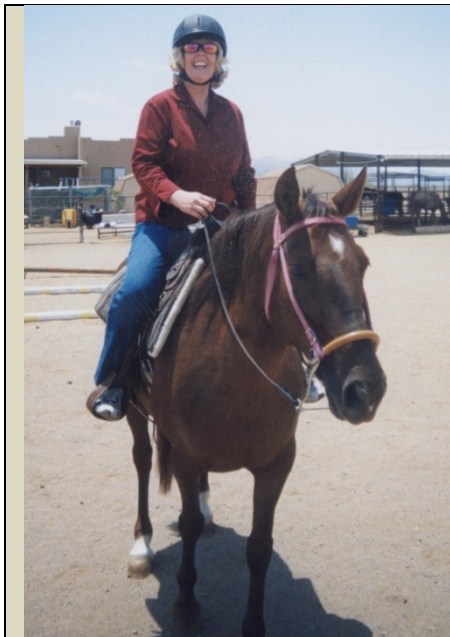
Homework: depending on comfort zone, perform handling, saddling, mounting or riding your horse in the safety of an arena, record your results, emotions and concerns for release in Part 4.

Completing Part 3 is a prerequisite to Part 4.

PART FOUR | Fee - \$95 | Time - 60+ minutes

Progress Evaluation and Clearing Session, if needed

- 1) Review your last homework experiences and the associated emotions
- 2) Assess what worked well and what must be improved upon
- 3) Clear any new or remaining riding fears or anxieties
- 4) Select a new riding goal, e.g., to canter in an arena



Relaxed riding is a joy for you and your horse!

I am 100% committed to supporting you to achieve your goal of 100% confident, relaxed riding a horse that matches your skill level.

The number of sessions needed to achieve that goal is up to YOU

- ✓ Being truthful with yourself and me about your riding skills matching your horse
- ✓ Doing your homework, facing your fears, reporting your progress to me
- ✓ Realizing that fears from childhood or adult incidents unrelated to horses or riding, of feeling inadequate, unsafe or like a failure at anything may need to be released, too.

After Part Four, we'll review your progress and determine if further sessions are needed. At this stage you'll know how to use the emotional release on yourself.



Relaxed Rider Program for Pleasure Riding – **Advanced Program To Confidently Trail Ride a Horse Matching YOUR RIDING SKILLS**

This program is for you if **you're NOT afraid to handle and ride your horse in an arena**, but **ARE afraid to ride on a trail**.

Pay for all 4 in advance and get 20% discount!

PART ONE | Fee - \$95 | Time - 60+ minutes

Finalizing the Trail Riding Goals – Begin the Emotional Release

Identify:

- 1) Motivations for trail riding
- 2) Trail riding fears, negative thoughts and experiences
- 3) Trail riding relaxation techniques tried in the past
- 4) Appropriate progressive riding goals that are comfortable to you
- 5) First fears to clear, then conduct the fear clearing to reach the first comfortable goal.

Homework will be assigned based on your progress in this part and what you feel comfortable achieving in overcoming your trail riding fear. Completing Part 1 is a prerequisite to Part 2.

If within a week after this first session you don't feel like this program can help you, your entire investment will be refunded upon your request.



PART TWO | Fee - \$95 | Time - 60+ minutes

Discuss progress since last session, new or existing handling or trail riding fears and clearing them (Session material included)

- 1) Self-reliance: Learn emotional release methods, including shortcuts (in material)
- 2) Clearing the physical and emotional beliefs that prevent you from enjoying your horse and meeting trail riding goals
- 3) Work toward total release of trail riding fear, depending on the severity of your fear

Homework will be assigned based on your progress in this part and what you feel comfortable achieving, including recording your results, emotions and concerns for release in Part 3.

Completing Part 2 is a prerequisite to Part 3.

PART THREE | Fee - \$95 | Time - 60+ minutes

Progress Evaluation and Clearing Session

- 1) Review your entire experience and the associated emotions
- 2) Assess what worked well and what can be improved upon
- 3) Clear any remaining riding fears or anxieties.
- 4) Select a new trail riding goal, e.g., to trot on the trail

Homework will be assigned based on your progress in this part and what you feel comfortable achieving, including recording your results, emotions and concerns for release in Part 4.

Completing Part 3 is a prerequisite to Part 4.

PART FOUR | Fee - \$95 | Time - 60+ minutes

Progress Evaluation and Clearing Session, if needed

- 1) Review your entire experience and the associated emotions
- 2) Assess what worked well and what can be improved upon
- 3) Clear any new or remaining trail riding fears or anxieties
- 4) Select a new trail riding goal, e.g., to canter on the trail

When you feel 100% confident and able to handle all trail riding situations, you have completed your program! You may NOT need all four parts.

Thank you for your interest in how my work can help YOU feel safe to ride AGAIN!
Please contact me for a complimentary, no-hassle, riding strategy consultation.

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