



Mindful Equestrian Clinic with Lisa Eklund

Friday August 8 , 2025

Erie Hunt and Saddle Club, Edinboro, Pa

Unlock Your Riding Potential with a Mindful Equestrian Clinic

Are you feeling stuck in your riding progress despite hard work? Tired of focusing solely on position and technique? Ready to develop a positive mindset and deepen your connection with your horse?

The Mindful Equestrian approach goes beyond traditional training methods. Lisa focuses on:

- Developing mental skills alongside physical techniques
- Fostering a growth mindset and curiosity
- Improving horse-rider communication
- Tailoring strategies to your unique needs

As an equestrian performance coach with over 40 years of experience and professional certification, Lisa Eklund understands the delicate balance between horse and rider needs. Specializing in hunters and jumpers, but experienced across disciplines, Lisa works with riders of all ages and levels.

In this clinic, you'll experience:

A blend of technical skill development and mental focus training

- Personalized coaching that respects your individual journey
- Strategies for success

Available formats:

- Private sessions
- Semi-private sessions
- Group sessions

Join us to transform your riding experience and unlock your full potential in the saddle!

Contact Lindsay Filley at 814-397-8660 to register!