

**FLYING CHANGES
COACHING**

**COMPLETE
CONFIDENCE 5*
ALL INCLUSIVE
CAMPS**

**BANISH YOUR NERVES AND FEARS,
HAVE FUN WITH YOUR HORSE AND
FEEL CONFIDENT**



Held at the stunning Parwood Equestrian Centre, Nr Guildford, Surrey with all inclusive 5* facilities. So all you have to think about is you and your horse for a few days away from it all.



We have very carefully designed and tested these camps to be the very best possible way to improve your confidence, move past fears and nerves and enjoy yourself with your horse. These camps are totally unique in the way they are put together, with psychology right at the forefront of every single aspect. Not only do you get to have one to one time with your horse, you also get to be part of a supportive group of people who share the same struggles and learn together how to make those a thing of the past. The carefully selected mixture of on and off horse sessions mean you get everything you need to get your mind, body and horse feeling calm, confident and capable together.

These camps are held at the stunning Parwood Equestrian Centre, Westwood Lane, Normandy (Nr Guildford), Surrey GU3 2JE with all inclusive 5* facilities. So all you have to think about is you and your horse for a few days away from it all.



Feedback from the camps so far -

"Thank you for organising such a fabulous weekend camping. Couldn't have enjoyed it more - really great bunch of people and excellent coaching from all the experts. Sad it is over and ready to go on the next one."

"I found this camp completely inspirational from start to finish. The instructors were first class and I learnt so much from each of them. Parwood is a great venue for camp with first class facilities and stabling. The group was so friendly and supportive and I had a great time."

"I had such an amazing time with very like minded people. Thank you to Jenni for so much individual support given to each of us through out the camp! Can't wait to go again next year and sharing my experiences of how much we have progressed."

"I didn't want to go home. I can't talk highly enough of this camp without sounding completely over the top! It totally transformed things for me. Will definitely be back for more."



3 day residential camp for all abilities (camp in tents or lorries/trailers - no accommodation on site)

Choose from flatwork only, sj & flat or sj, xc & flat options -grouped by ability - you choose your level

All instructors are very experienced, fully qualified and chosen for their ability to understand and help with building confidence at all levels.

We will all get to eat together and socialise and there is plenty of time to chill out for you and your horse.

Come and relax and unwind and leave confident and revitalised.

Also included are -

Unmounted workshops with Jenni - Master Mindset and Performance Psychology Coach
Evening activities

Talks/ demos from experts (inc Vets)

All human food with all diets accommodated for (and no washing up!)

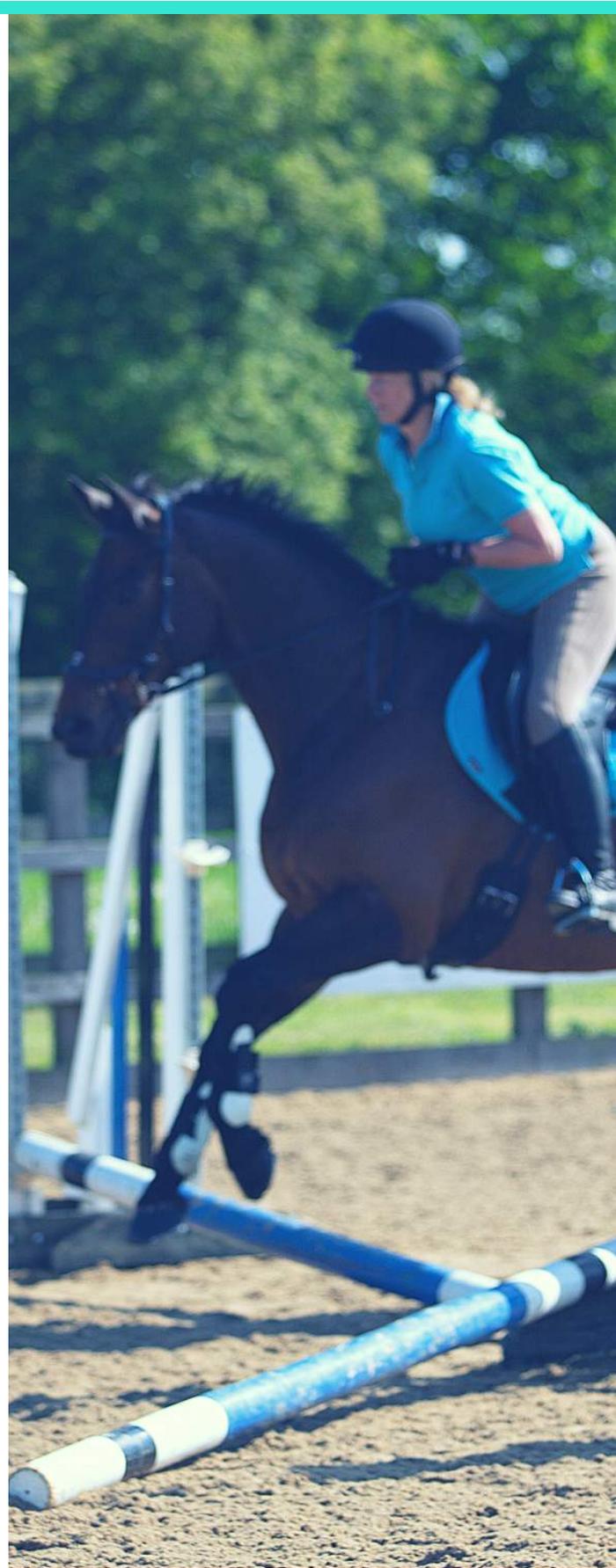
Stable with hay & bedding included (extra can be ordered)

Pro photographer on site

Option to have one to one private coaching sessions with Jenni and other instructors

Mucking out service an option on the last day (limited spaces on first come first served basis - pre booked only)

Hookup available



Parwood facilities are 5* with a 20x60 indoor, 50x70m outdoor SJ arena and full set of SJ, large XC course with jumps for all abilities and all weather gallops and hacking (mostly available to use anytime you like).

Other facilities include camping on grass, parking for horseboxes or lorries on hard standing with hookup available (fee payable), large airy stables (hay and bedding included), secure tack room and really lovely showers!

Timetable -

Arrive from 5pm on Day 0
and settle in.

Day 1 - Welcome meeting &
Goal setting workshop,
Confidence tools and
techniques workshop
(unmounted) and 1 riding
session.

Group dinner and chill out
time.

Day 2 - 2 riding sessions.

Group dinner and activity
together

Day 3 - 1 ridden session, 1
unmounted workshop and
leave in the afternoon
Talks etc will be timetabled
in around riding sessions

Instructors may include -

Heidi Reed BHSI & UKCC3

Eloise Mayhead BHSAI, UKCC3, BE Accredited Coach

Christine Shubrook UKCC3, BS Accredited Coach

Laura Jarvis BD Trainer, BD Young Professionals Award
Winner (2011), Grand Prix Rider & UKCC3

Lucy Chester horsemanship coach building confidence for
horse and rider on the ground and ridden

Plus other guest instructors (we reserve the right to
change instructors if needed)

All poles, sj and xc in small groups. All flatwork is private
lessons.



The price for these truly 5 * transformational camps is only £497 . That includes everything you need
for 3 nights away - so you just concentrate on you and your horse.

A £150 non refundable deposit secures you place.

Deposit is only refundable if we can fill your place from a waiting list.

You can then either pay the balance in full by March or pay in 3 installment in Feb, March and April.

You choose and we will invoice you according. Card payments, Paypal or Bank Transfer options are
available.

To book your place all you need to do is click here (or use the URL below) and fill out
the booking form. It will then take you to a booking site to pay your deposit. Then you
are booked! Lots of information will come your way nearer the dates of the camp so that
you can plan and arrive calm and ready.

www.flyingchangescoaching.co.uk/camps-booking-form-2019.html