



LIVE TO THE FULLEST  
**TANJA MITTON**  
COACHING

**TURN YOUR  
'I CANT' INTO  
'I CAN'**

Internationally recognised specialist coach of biomechanics  
& personal development

**TANJA MITTON INVITES YOU TO HER EXCLUSIVE  
2 Day – Connection Clinic**

*“You cannot connect with your horse until you connect with yourself.”*

Connection is what every rider wants, no matter what horse they have  
and what discipline they've chosen.

This is why I have specialised in **rider posture** and **horse foundation** training to teach  
riders how to connect with their horses in a way that **horse and rider can both understand.**

And while that is happening, **Mindset Coaching** can help you:

- **Develop yourself** personally and professionally - on and off the horse.
- Overcome fear and **confidence issues**
- Learn how to **set goals** and fully prepare yourself to go out and achieve them

**Opening your mind** to improve your riding will help you:

- **Erase bad habits** and turn them into new and effective good habits.
- Learn and understand how your **seat impacts your horse's performance**
- Become more aware of your **breathing** and how this impacts your horse.

This Clinic is for all riders who want to educate themselves for the wellbeing of their horses.

DATE: Sunday 31st March - Monday 1st April 2024  
LOCATION: PRARG - Starting at 7.30am & finishing by 5.30pm  
Cost for riding at clinic: Cost covers both days of clinic  
(All costs have been subsidised by ACTIVE QLD)

*Riding*

**PRARG Member - \$250**

**Non-PRARG Member (must be EA Member) - \$290**

*Non-Riding*

**PRARG Member - \$150**

**Non-PRARG Member (must be EA Member) - \$190**

Active & Healthy



[www.tanjamitton.com](http://www.tanjamitton.com)