



Watch these experts LIVE tonight at 5 p.m. EST on USEF Network!

## The Masterclass Innovation Series: A Mindful Approach to Horse & Rider



Live panel discussions on:

**The Soundness Spectrum: Maintaining Horses' Soundness Through Proactive Management** - featuring Daniel Bluman, Liza Boyd, Danny Ingratta, Dr. Sheila Schils, and Dr. Tim Ober!

**In Good Company: Top Riders Discuss the Skills and Practices That Help Them with Mental and Emotional Challenges** - featuring Liza Boyd, Kasey Perry-Glass, and Adrienne Sternlicht!

Click to watch the Masterclass Innovation Series, beginning at 5 p.m. EST on Tuesday, March 19!

The evening's unique panel discussions and question and answer segments will include:



In the evening's opening panel, featured experts - including Olympian Daniel Bluman, US Equestrian Show Jumping team veterinarian Dr. Tim Ober, three-time winner of the USHJA International Hunter Derby Championships Liza Boyd, FEI groom for Millar Brooke Farm Danny Ingratta, and innovator in equine rehabilitation Dr. Sheila Schils - will discuss what it takes to proactively manage a horse's soundness and how a mindful approach can improve your horse's well-being and reduce the risk of lameness. The one hour discussion will also cover topics such as the impact of stress on horses and what to do when things go awry.



Competing at any level of any sport comes with its share of mental stressors, and at the highest levels of equestrian sport, the psychological component can make or break a rider's ability to perform their best.

Event attendees and live stream viewers will hear first-hand from riders - including World Equestrian Games team show jumping gold medalist Adrienne Sternlicht and Olympic bronze medalist and number five ranked dressage rider in the world Kasey Perry-Glass, alongside moderator and Mental Skills Coach Tonya Johnston, MA - on topics including handling stress and nerves, building confidence, finding a routine, imposter syndrome, being present, surrounding themselves with the right people, and more.

Those in attendance will also have the opportunity to ask their own questions regarding the mental and emotional challenges of the sport during this panel and open discussion.

[Watch Here!](#)

To join in the conversation in person, purchase tickets at the door! Proceeds from all ticket sales will benefit the USEF Equine Disaster Relief Fund. [Learn more about the 501\(c\)\(3\) organization here.](#)

The Masterclass Innovation Series: A Mindful Approach to Horse and Rider is the first in a series of events presented by the Equine Tech Collaborative, a group of like-minded horse people working to solve problems in the equestrian industry through innovative, technology-based solutions. Learn more about the Equine Tech Collaborative at [www.equinetechcollab.com](http://www.equinetechcollab.com).

### About the Equine Tech Collaborative

The Equine Tech Collaborative was formed in 2017 by founding companies **BarnManager**, **Equo**, **Jumpfax**, and **StableGuard**. Each of the founders was looking for ways to grow their startups on a startup budget and to continue to develop their offerings to ensure that they were providing the best possible solutions for those within the equestrian industry.

Through conversation, collaboration, and coordination, these four founders created a group to share experiences and work together toward shared goals for the betterment of the lives of equestrians everywhere. Today, the Equine Tech Collab has grown and continues to be strengthened by the innovation that occurs when you bring people from different backgrounds and areas of expertise together and through the addition of new partners including **Electronic Vet**, **Epona Exchange**, **Etalon Diagnostics**, and **Event Clinics**. Learn more about the Equine Tech Collaborative at [www.equinetechcollab.com](http://www.equinetechcollab.com).

