



# CENTRAL NEW YORK DRESSAGE & COMBINED TRAINING ASSOCIATION

Invites you to our Annual Awards Luncheon

Saturday November 18<sup>th</sup> 2017

11:00am-3:00pm

## Luncheon will include:

**Silent Auction, Year-End Awards & Lecture**

Held at the Lincklaen House  
79 Albany Street Cazenovia, NY 13035

**CNYD&CTA Members - \$35**

**Non-Members - \$40**

## *Create Your Path to Change*

*Lecture Presented by Lisa Eklund, CPC*

*Equestrian Performance/Life/Career Coach*

Are you feeling stuck in your riding?

This talk will give you the tools to move forward in your riding and life

Learn about mindfulness.

Learn how you can shift your mind and thinking.

Discover your blocks to change in your riding & life.

Learn how to create awareness and let go of negative mindsets.

Learn how to take action by creating an intention, goals, a vision statement & a roadmap to change.

*Lisa Eklund is an equestrian performance and life coach who specializes in supporting equestrians and encore entrepreneurs. Lisa's career combines over 35 years of training and coaching equestrians, including 19 years of coaching intercollegiate equestrian teams and teaching equine science and management at a college level. This combination has created a diverse background in the equestrian field and also in life and career support for individuals. As an encore entrepreneur, Lisa now has a working knowledge of how to navigate the world of starting an encore career, including using technology and content marketing on a limited budget. She has combined all of her experiences to offer a unique coaching and mentoring package for both equestrians and encore entrepreneurs.*

To learn more about Lisa Eklund visit [www.mindfulequestrian.com](http://www.mindfulequestrian.com)

***We value our volunteers that made 2017 a success.***

Volunteer hours are mandatory for members to receive awards, submitting your hours will also be required to receive a reduced rate for the year end awards banquet. 4 volunteer hours= \$5.00 off the banquet price. 8 or more volunteer hours= \$10.00 off banquet price. (Limit \$10 off)

**I hereby certify that this information is accurate:**

Member Name: \_\_\_\_\_ Member Signature: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Activity & Date	Hours	Duties Performed

**RSVP by November 1<sup>st</sup>**

Send completed form with volunteer hour (if applicable) and payment to:  
Cindy Torelli, 6967 Henderson Road, Jamesville, NY 13078

Names of all attendees required, Please Print Clearly.

Name: \_\_\_\_\_ Member: \_\_\_ Non-Member: \_\_\_ Fee Paid: \_\_\_\_\_

Name: \_\_\_\_\_ Member: \_\_\_ Non-Member: \_\_\_ Fee Paid: \_\_\_\_\_

Name: \_\_\_\_\_ Member: \_\_\_ Non-Member: \_\_\_ Fee Paid: \_\_\_\_\_

Name: \_\_\_\_\_ Member: \_\_\_ Non-Member: \_\_\_ Fee Paid: \_\_\_\_\_

Check Total Amount: \_\_\_\_\_

\*Checks made out to CNYD&CTA