

# TRAIN YOUR GOLFING BRAIN

## With P.G.A Advanced Professional Sarah Claridge

20th and 21st November 2009

26th and 27th February 2010

Arrival Friday night for accommodation and dinner, meet your trainer.

Saturday agenda as described below:

### Friday

Arrive at your leisure, enjoy a 3-course dinner and meet Sarah

### Saturday

#### Morning Session

Physical & Mental awareness

1. 4 golfing types
2. State awareness
3. State control
4. Distraction technique

Morning Break

Practical skills

5. Shot routine
6. Game plan
7. Positive self talk
8. Self praise

Lunch

#### Afternoon session

Practical skills

1. Par 18 chipping & putting
2. My range game
3. 3 shot diary

#### Play 9 Holes

Sarah will walk round the course with you suggesting practical routines to keep your brain in order!

### Overnight all inclusive package:

**£129 per person** (based on two people sharing - single supplement of £30)

**£79 per day guest**



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