

Lindsey Stroh is a Canadian Grand Prix dressage rider, trainer and Equestrian Canada certified coach, 2005, based in Edmonton, Alberta.

Lindsey has been named to the Equestrian Canada High Performance list repeatedly, trained several horses to the FEI level and represented Canada at CDIs in Canada and the US from Young Riders to Grand Prix. In addition, she has obtained a BSC in Kinesiology and certification as a STOTT Pilates instructor giving her a strong understanding of rider biomechanics.

Lindsey commits to her continued development; she trains and competes in California most winters at Arroyo Del Mar, home of Shannon and Steffen Peters. She puts a priority on her own education to ensure she maintains a high standard in both her riding and coaching. <https://www.lindseystroh.com/>

