

Mindfulness through the Way of the Horse



Saturday, August 19, 2017 9:30 a.m. - 4:30 p.m.

at **Wintervale Ranch & Retreat Center**

“Mindfulness is a way of befriending ourselves and our experience.”

Jon Kabat-Zinn



EXPLORING MINDFULNESS WITH HORSES



is a playful, experiential workshop designed to help people discover a deeper connection with mindfulness practice no matter whether they are new to the practice or an advanced mindfulness practitioner. Life can get very hectic and it is easy to become stressed, overwhelmed and to lose ourselves at times. Let our wonderful team of Equine teachers guide you on a journey inwards to find your place of peace and well-being.

Horses Teach Us to Embody Mindfulness

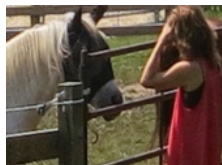


Horses teach us to be mindful of the present moment, free of preoccupation and judgment. Horses provide natural biofeedback helping you learn about yourself & your world. With their big gut & heart they help us to learn from the three brains located in our own gut, heart, and head. Learning to balance your connection to the intelligence of your body, your emotions & your thoughts, promotes a more mindful, congruent and balanced way of living.

Mindfulness Through The Way of the Horse Learning Outcomes

Workshop participants will explore mindfulness practices through experiential, non-riding activities by helping them learn how to:

- Expand awareness by using the body as a sensing device
- Explore the basic practice of mindfulness to reduce stress & increase well-being
- Increase awareness of counterproductive ways of thinking and reacting while learning how to respond with heart-centered presence
- Understand the impact of your energetic presence & how to align mind, body, spirit with your actions
- Discover how to gain valuable information from emotions in order to restore balance with more ease
- Establish healthy boundaries that honor personal and professional needs
- Become more mindful in the moment and more masterful in meeting life's challenges and opportunities



Who Should Attend

Any individual interested in exploring and practicing mindfulness as a means to manage stress and enhance well-being. No prior horse experience is necessary.

Registration and Tuition

Tuition for this workshop is \$275 per person and includes lunch, bottled water, snacks and materials. To register for this workshop, contact cyndie@wintervaleranch.com or call 612.940-9288. Participants will receive registration confirmation and detailed map with directions upon receipt of payment. We accept credit cards (+\$9 service fee), check (written out to Wintervale Ranch LLC) and cash.



Instructors - Ms. Dunia Morales, POH & Dr. Cyndie Hays, Ed.D., POH

Both women are Eponaquest approved instructors with extensive experience in equine experiential leadership and personal development. Dunia is an entrepreneur with successful businesses in Guatemala. Cyndie earned her doctorate in educational leadership, is a licensed educator and owns Wintervale Ranch & Retreat Center.

Wintervale is conveniently located just 50 miles south east of MSP airport.

