

## EMBODYING MINDFULNESS: WHAT HORSES KNOW

Are you interested in learning some unique mindfulness skills? Do you want to improve your relationship to stress and feel more balanced? If so, come join us to learn about the benefits of being mindful and centered with the help of some unique teachers –

### THE HORSE HERD AT CLOUD DANCERS THERAPEUTIC HORSEMANSHIP CENTER IN ALBUQUERQUE, NM

#### DURING THIS INTERACTIVE WORKSHOP, THE HORSES WILL HELP US:

- Examine what it truly means to be mindful in both horse and human herds
- Understand more about why people shift into positive emotions when they reach a state of coherence
- Experience firsthand several different approaches to mindfulness and meditation
- Develop ways to incorporate mindfulness techniques into daily life



Mindfulness at its core involves simply maintaining focus in the present moment while being intensely aware of what you're sensing and feeling without judgement. Horses are very effective mindfulness teachers because they live mindfully in the present moment, completely aware of their surroundings, and responsive to the input they receive from and about other creatures – including humans! This means they offer us a unique understanding of what it means to be actively mindful in a way that's very different than typical mindfulness or meditation experiences you might have previously encountered. Come join us and see for yourself!



As an added bonus, mental health professionals will have the opportunity to receive 4 CEU hours for participating in this workshop experience. In a special breakout group, we will consider how mindfulness work can benefit our clients and how it can assist clinicians in avoiding burnout and compassion fatigue.

**NOTE:** Beverages and snacks will be provided. Closed-toe shoes and long pants are required. Hats and sunscreen are encouraged.

#### INSTRUCTORS

**SHARON GRADY, MA, LICENSED PROFESSIONAL CLINICAL COUNSELOR IN NM**, trained Equine-Assisted Psychotherapist and Equine-Assisted Learning facilitator.

**LYNDA MILLER, PH.D.**, Lifelong horsewoman; professionally trained Play Therapist and nationally Certified Clinician for individuals with communication challenges.

**KAREN MOLONY**, PATH Certified Instructor and PATH Certified Equine Specialist in Mental Health and Learning with a lifetime of experience with horses. She has been teaching at Cloud Dancers since 2006.



**FEE:** \$150 for a delightful morning of being mindful with horses  
\$225 for mental health professionals who would like 4 CEU credits

**DATE:** November 3, 2024, 9 am – 1 pm