

Adventures In Awareness™



Journaling with the Help of Horses



Tucson, Arizona

November 15, 2009

9am — 4pm

Raven Ranch

November 15th Theme: *Gratitude*

Join us for this day long workshop that explores techniques of journaling and interactive exercises with horses to kindle creative expression.

The impulse to “hear” ourselves by putting words on a page is a very human one. Self-expressive writing, often called journaling, is also a powerful tool for healing body, mind, and spirit. People journal for any number of reasons: explore dreams, develop intuition and creativity, give themselves a voice, heal relationships, clarify spirituality, envision the future, imagine possibilities, or empower

themselves. Infinitely supple and adaptable, journaling can be especially empowering when combined with other methods of self-exploration. The horses are particularly powerful facilitators of our co-creative process. Their gift of Presence — living life in the NOW — allows us to resonate and entrain heart, mind and spirit. Possibility flows and a well of appreciation and gratitude surfaces.

During *Journaling with the Help of Horses*, you will have several opportunities to use simple yet powerful journaling exercises to explore and deepen your experience. Brand-new and long-time journalers alike are welcome. You need not be a “good” writer — all you need is the willingness to express yourself on the page. No prior experience with horses is necessary.

Tuition, Registration and Payment

Tuition is \$175 and includes the session with the AIA Staff — human and equine — snacks and drinks. The workshop will be held at Raven Ranch on South Harrison Road between Irvington and Golf Links from 9 am to 4 pm.

Bring your own sack lunch, personal bottle water, sunhat, sunscreen, notebook or journal and pen. Dress in layers and wear closed toed shoes.

A. Register and Pay Online

<http://www.adventuresinawareness.net/registration/journaling.htm>

Follow the steps to register and pay online with PayPal/Credit Card.

B. Print an Application Online

<http://www.adventuresinawareness.net/forms/journaling.htm>

Please send completed application and check made out to “AIA” to Barbara K. Rector, 9852 E. Skyview Dr., Tucson, AZ 85748.

Contact

info@adventuresinawareness.net

520.247.3383

www.adventuresinawareness.net

Barbara Stahura is an award-winning freelance writer, long-time journaler, and certified instructor of Journal to the Self®, created by Kathleen Adams. She used journaling to carry her through her husband's recovery from a terrible accident and traumatic brain injury. Among other workshops, she facilitates one for people with brain injuries and another for their family caregivers, and is the co-author of *After Brain Injury: Telling Your Story* (Lash & Associates Publishing/Training). Her journal also played a prominent role in the writing of her memoir, *What I Thought I Knew*, published in 2008. See more at www.barbarastahura.com.



Barbara Rector has almost four decades sharing horses with people for their mutual benefit — mentally, physically, emotionally and spiritually. She has traveled the world training the trainers in her Adventure In Awareness process. Locally Barbara has held key leadership roles at Therapeutic Riding of Tucson (TROT) and Sierra Tucson Hospital where she developed the Equine Facilitated Psychotherapy (EFP) program. On a national level, she is co-founder of the Equine Facilitated Mental Health Association and has served two terms on the NARHA Board of Trustees. Barbara now serves as Secretary on the Certification Board for Equine Interaction Professionals.



THE PURPOSE OF ADVENTURES IN AWARENESS IS TO DEVELOP CONSCIOUSNESS WHILE EXPANDING AWARENESS

ADVENTURES IN AWARENESS™
Barbara K. Rector, Director
www.adventuresinawareness.net

AIA JOURNALING WITH THE HELP OF HORSES APPLICATION & REGISTRATION

Today's Date:

I am registering for: ____ Nov. 15, 2009 – Theme: *Gratitude* ____ Dec. 13, 2009 – Theme: *Gifts*

Name:

Address:

City: State: Zip: Country:

Phone: Cell:

E-Mail:

Website:

Date of Birth: Age:

Date of last tetanus shot:

Personal Purpose for engaging with the AIA horses & staff in this equine facilitated experiential learning process?

While horse experience is not essential, briefly describe your horse background.

I identify as: horse professional.....animal handler.....health professional.....program administrator.....educator.....student.....management training.... interested in stress skills.....other: specify.....

Any Special Needs and/or Mobility Issues:

I am aware that this is an "experiential workshop" – learning through doing. I know I will be discovering more about myself as I learn to work with horses as colleagues in equine guided education. I am aware that equine facilitated experiential learning process work evokes feelings and emotions and is a personal growth experience. When I return home, my support system is: 12 Step Program.....Feelings Support Group.....Individual/group therapy.....Church group.....Spiritual practices group..... Family/Friend.....Coaching.....Other.....

Signature:

Date:

Check for \$175 made out to 'AIA' Send Adventures In Awareness, 9852 E. Skyview Dr., Tucson, AZ 85748 USA Workshop fees are non refundable and do apply to another AIA workshop. Payments by credit card at www.paypal.com Send to email: paypal@adventuresinawareness.net

Items to Bring:

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