

AIA Facilitation Skills Seminar

August 11 - 15, 2010

Borderlands Center

Sonoita, Arizona

Co-Facilitators

Barbara K. Rector, MA, CEFIP
Ann C. Alden, MA CEFIP-ED &
NARHA Certified Instructor

Staff

Herd at Borderlands Center

Nancy Coyne, MD is a board certified psychiatrist with many years experience in treating people with trauma, depression and anxiety. She is an approved Epona instructor and she does equine facilitated psychotherapy in Sonoita, AZ. She will be available during the AIA facilitation skills training and the following week's horse skills program (*Accessing Your Inner Horse Whisperer*) in August for individual sessions or consultation regarding practice issues. Fee for after hours consultation can be negotiated depending on time required.

Beneficial Reading

Learning with the Help of Horses,

Barbara K. Rector
www.aialearningwithhelpofhorses.com

Positive Energy,

Judith Orloff, MD
www.amazon.com

Reinventing Medicine,

Larry Dossey, MD
www.amazon.com

Directions

Borderlands Center for Equine Assisted Services in Sonoita is the private home ranch of Ann C. Alden and her generous sized herd of equine facilitated learning colleagues, located at 108 Apache Trail in Sonoita, AZ 85637. The Stables are approximately 1 hour 15 minutes Southeast of Tucson International Airport. From Tucson, take I-10 East to exit 281 and merge on to State Hwy 83 until you reach Sonoita at the intersection of Hwy 83 & Hwy 82. Continue South on Hwy 83, past the fairgrounds where it makes a 90 degree left turn. After the left turn take the first right, Los Encinos, and follow it south. It passes the Xanadu B & B just as it makes a 90 degree left turn. After this turn take the first right onto Apache Trail (dirt road) and follow it to where it dead ends at the Center.



This workshop provides opportunities to practice the theory and principles of Adventures In Awareness (AIA) equine facilitated experiential learning. We will work through the core essential elements of the Adventures In Awareness equine facilitated experiential learning process with the horses. The AIA Facilitation Seminar offers the educator, horse professional, therapist and/or individual interested in health an opportunity to discover their unique gift for wellness.

Schedule

On Wednesday, August 11th, plan your arrival with enough time to check into the nearby B & B where you have booked your stay. (The Tucson airport is approximately one hour and fifteen minutes from the Sonoita intersection). Plan to be at The Borderlands Center, 108 Apache Trail, by 4 pm. We will take care of the paperwork, hold an introductions circle, meet the herd for a short equine interactive and eat a light meal together. We say goodnight at 8 pm. Some people from the East or abroad may choose to come in a day early and acclimate to our time zone (Arizona is Mountain Standard Time).

Thursday, Friday and Saturday we begin at 8:30 am and work through to 4:30 pm. Lunch is provided and done processing style. Saturday night we re-gather at Ann's for movie popcorn night, 6:30 - 9 pm. It will be another light dinner. AIA provides a salad & vegetable tofu dish.

Sunday, we will have our final circle and conclusion with gifts in consciousness sharing: "The gift in consciousness I take away is. . ."

Tuition

Tuition price is \$1550. Deposit is half of tuition at \$775. The deposit is non-refundable and applicable to another AIA offering of your choice. Your tuition includes first night dinner (Wednesday), lunches, snacks, notebooks, facility, horses & faculty.

Registration & Payment

A. Register and pay online

<http://www.adventuresinawareness.net/registration/facilitationskills.htm>
Follow the steps to register and pay online with PayPal/Credit Card.

B. Print application online

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

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

Lodging

Below is a list of nearby bed and breakfasts. You will need to book your stay:

Xanadu Bed & Breakfast

www.xanaduranchgetaway.com
92 South Los Encinos Rd.
Sonoita, Arizona 85637
520-455-0050

Rainbow's End Bed & Breakfast

www.rainbowsendbandb.com
3088 Highway 83
Sonoita, Arizona 85637
800.797.8274

La Hacienda de Sonoita

www.haciendasonoita.com
34 Swanson Rd.
Sonoita, Arizona 85637
520.455.5308

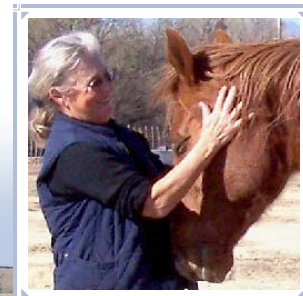
Notes

There is an optional one week riding skills workshop, *Accessing your Inner Horse Whisperer*, August 16 - 23. This workshop explores ways of more effectively collaborating with these remarkable animals, of finding that often elusive balance between setting boundaries and giving your equine partners choices, as well as listening to the needs of your own body and soul. Cost of the workshop is \$2,300. Registration for these lessons can be made through Shelley Rosenberg at www.myhorsesmyhealers.com

Bring your personal water bottle, sunhat, and dress in layers. **Wear** long pants (stretch jeans or breeches) and close toed shoes to both workshops. You may want your personal riding helmet, paddock boots, half chaps and a journal to record insights or create drawings.

Contact Information

info@adventuresinawareness.net
520.247.3383
www.adventuresinawareness.net



The Purpose of Adventures In Awareness is to Develop Consciousness While Expanding Awareness



Accessing Your Inner Horse Whisperer

The Epona Approach to Integrated Horsemanship and Enlightened Riding

August 16 - 23, 2010

Borderlands Center

Sonoita, Arizona

Shelly R. Rosenberg

is an accomplished horsewoman, trainer, rider, artist, teacher, and author of *My Horses, My Healers*, a book about healing from childhood trauma with the help of her horses.

Rosenberg's skills with horses and humans help people develop awareness and authenticity within themselves and in their relationships with others. As a U.S. Dressage Federation "L" judge, she also continues to provide lessons and training for riders from beginners to the Grand Prix level. Riding since the age of 12, she has over 30 years of experience training horses, teaching riders in western, jumping, dressage, hunter, and driving horses. Rosenberg's experience with horse breeds spans from Arabians to Haflingers Warmbloods, rescued Mustangs, and horses recovering from abuse that require rehabilitation. In her long career she has successfully competed for the long-list on the U.S Olympic equestrian team; co-created and run (with Barbara Rector) a therapeutic riding program for adolescents at Sierra Tucson; and conducted Dressage clinics. Rosenberg was president of the Tucson Dressage Club, and for 18 years ran her own Dressage Center in Oro Valley, Arizona.



Accessing Your Inner Horse Whisperer ultimately explores ways of more effectively collaborating with these remarkable animals, of finding that often elusive balance between setting boundaries and giving your equine partners choices, as well as listening to the needs of your own body and soul. The week-long class includes a day of integration for relaxation, reflection, connecting with nature, and herd observation. The agenda will incorporate at least 3 private riding lessons for each participant, with your own horse or one of ours.

Throughout this extended clinic, participants will explore innovative ideas on riding and relationship building. Participants will learn to recognize and respect the energetic boundaries of the horse, as well as themselves and the other participants. 90% of our interspecies communication is non-verbal and goes unacknowledged creating dysfunctional relationships and unhappy horses leading to dissatisfied owners. Shelley says "When you begin to learn how to read 'misbehavior' as a form of communication you will be well on your way to developing your inner horse whisperer."

Daily mindfulness practices along with the core Epona principals are combined with riding and training experiences, teaching participants how to more efficiently and enjoyably develop authentic and satisfying relationships in the saddle as well as on the ground.

We welcome new horse owners, people who are just getting back into riding/training, as well as accomplished riders and instructors in all disciplines. Some previous riding, training, and/or horse handling experience is suggested but not required.

Schedule, Cost and Registration

Workshop begins at 10 am on August 16th and concludes at 5 pm on August 23rd.

The workshop fee of \$2,300.00 includes all workshop materials, lunch, bottled water, and snacks each workshop day. For more information or to register and make payment arrangements please call Shelley Rosenberg at 520-455-5918. A deposit of \$500 is required upon registration with final payment due no later than **July 16, 2010**.

Cancellation Policy: Cancellation up to 30 days prior to the event start date results in a credit of one-half the workshop tuition. There is no tuition credit for a cancellation 30 days or less before the event start date.

Integrated Horsemanship and Enlightened Riding Programs

Shelley Rosenberg's Integrated Horsemanship and Enlightened Riding Programs incorporate the Epona Approach to developing emotional fitness applied to the relationship between horses and humans. This unique and powerful workshop applies the Epona Approach principles (emotional fitness, body awareness, mindfulness, and authentic interspecies community building skills) to working directly with horses, taking into consideration the physical, mental, emotional, relational, and spiritual dimensions of both species.

Shelly Rosenberg

520.455.5918

dressagecenter@theriver.com

www.myhorsesmyhealers.com

