



Explore the Heart of the Horse

You are invited to explore the heart of the horse through the pioneering, internationally acclaimed work of Barbara Rector and Adventures in Awareness.™

Workshop Objectives:

- **Become** Aware of new Possibilities.
- **Learn** more about the health benefits of being in the horse's bio-energetic field.
- **Expand** your awareness of Energy influence.
- **Experience** the horse's electromagnetic field interfacing with your own.
- **Practice** mindfulness meditation techniques that are easy and fun.
- **Learn** heart health with habit of genuine appreciation.
- **Become** conscious of how internal thoughts and feelings contribute to behaviors and biology.
- **Acquire** fresh perspectives on equine instinctual nature.
- **Empower** self and other with Patience (deep listening), Compassion and Empathy.



Barbara K. Rector, MA, CEIP-ED has 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 Adventures In Awareness™ process for exploring the heart of horse and human. 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, Barbara is co-founder of the Equine Facilitated Mental Health Association now merged with NARHA to become PATHIntl. where she served two terms as a Trustee. Barbara worked two terms as Secretary for the Certification Board for Equine Interaction Professionals and is currently Best Practices Chair for the EPONAQuest Foundation Board. Barbara continues exploring the science behind apparent health benefits to humans when spending intentional meditative time in the bio-energetic field of the horse.



Who Benefits

Anyone wishing to know oneself and others through the heart lens of the horse. Horses are Masters of Presence in Relationships.

Individuals interested in personal growth and development

Families wanting better communication

Work teams interested in renewal and mutual understanding

Service groups and clubs looking For fresh perspectives.

Group and individual sessions

Day long or half day seminars available with Barbara, the horses and AIA staff.

Raven Ranch, Tucson, AZ

Contact

For more information or to schedule a session:
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The purpose of Adventures In Awareness is to expand Awareness and develop Consciousness