

HOLD YOUR HORSES

is proud to host

Explore the Heart of the Horse

a workshop for anyone curious about getting to know oneself and others

With Barbara Rector & Adventures in Awareness | Co-facilitated by psychologist Molly DePrekel



QUESTIONS?

 763-595-7112

LEARNING OBJECTIVES

- Expand awareness of how energy and nonverbal messages impact relationships
- Gain new perspectives on basic equine psychology and physiology
- Practice mindfulness meditation
- Experience the horse's energy
- Become conscious of how thoughts contribute to action

Details

- **June 15, 6 to 8 pm**
at Midwest Center for Trauma and Emotional Healing
(16204 Hwy 7 Minnetonka, MN 55345)
- **June 16 & 17, 9 to 4:30 pm**
at Hold Your Horses
(6824 County Road 6, Independence, MN 55359)
- Cost is \$485 (Students \$385)

Sponsored by Cairns Psychological Services, and Hold Your Horses. Hold Your Horses is a MN 501c3 providing effective equine-assisted services that improve quality of life for children with disabilities. For more information, visit holdyourhorses.org

Register!

Mail a check to the Hold Your Horses business address (5120 Colonial Drive, Golden Valley 55416) with your name, email, phone and address.

CEUs available

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“Excellent material and facilitators (human and equine!)”
—Marsha A.

“It was an amazing experience. I went with no idea of what I would get from the workshop, and received some beautiful messages from the horses we worked with in the arena.”
—Marilyn M.

“This workshop gave me an uplifting look into who I am.”
—Candice K.

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Barbara Rector has traveled the world training trainers in her Adventures in Awareness process. She held key roles at Therapeutic Riding of Tucson and Sierra Tucson Hospital, where she developed the Equine Facilitated Psychotherapy program. She is cofounder of the Equine Facilitated Mental Health Association, has served two terms on the PATH Board, and is Secretary on the Certification Board for Equine Interaction Professionals.

Molly DePrekel is a psychologist in private practice at the Midwest Center for Trauma and Emotional Healing. For the past 20 years, she has utilized the unique relationship people have with animals to assist her in therapy with clients. She is past President of the Equine Facilitated Mental Health Association. She is an EPONA approved instructor. Molly is a Board member of the Certification Board for Equine Interaction Professionals.