



ADVENTURES IN AWARENESS

*"My awareness of what can be accomplished spiritually, emotionally, mentally and physically with the help of horses through the individual intensive was life changing for me as a person and a clinician.*

— Paula Allen, MSW

### Emphasis

**Emphasis** is on the AIA Responsibility/Safety Agreement and the AIA Core Essential Elements.

### Purpose

The **Purpose** is to offer theory, principles and practice with the specially designed AIA inner-actives in a personal atmosphere conducive to your equine facilitated insights.

### Goal

The **Goal** is to elicit, with the help of horses, your strengths, gifts and talents.

### Lodging Suggestions

#### Comfort Suites Inn

[www.choicehotels.com](http://www.choicehotels.com)  
800.4choice  
7007 E. Tanque Verde Rd.

#### Hilton Tucson East

[www.tucsoneast.hilton.com](http://www.tucsoneast.hilton.com)  
520.721.5696  
7600 E. Broadway

#### Guest Cottage Rental

**Desert Moon Retreat**  
[www.desertmoonretreat.com](http://www.desertmoonretreat.com)  
520.444.3945

### Car Rental

#### Enterprise

[www.enterprise.com](http://www.enterprise.com)  
Available at Tucson International Airport

# AIA Individual Student Intensive Workshop

*Tucson, Arizona*



**Personally designed intensive study with Barbara Rector & the AIA staff, both human and equine, in Tucson, AZ, with Adventures In Awareness Equine Facilitated Experiential Learning process work.**

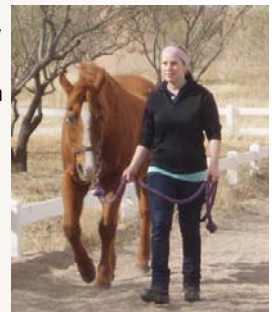
### The Process

We arrange to meet at 9 am on your first day. We tour the landscape, take tea together and discuss your personal vision, mission and purpose. We review AIA Safety Agreement, Essential Elements and supporting science of psycho-physiological coherence. After lunch and barn chores we engage in the initial AIA elements, completing at 4 pm.

Morning of next day 8:30 am collection for trip to barn. Full day in the barn with Barbara, Anna and the AIA herd. There is a lunch break for continued processing. Afternoon in the barn until 4 - 4:30 pm when you return to your hotel for personal time and dinner on your own.

Dress in layers, sunhat, personal water bottle and sunscreen most helpful. Stretchy jeans or breeches and hard sole shoes or paddock boots recommended. Hard hats available for mounted work.

Morning of final day 8:30 am pick up for a lengthy morning in the barn followed with a processing lunch and Q & A session. This day may or may not involve mounted activities, depending on your personal goals for our work. There are many AIA inner-actives with the horses that we review one on one to acquaint you with the particulars of your "flavor of ice cream." AIA seeks to offer the basic ice-cream making module while evoking and promoting your personal "flavor."



We take dinner together this final evening as we design mutual continuing education plans and next steps. The AIA orientation is one of both student and teacher.

### Tuition

Tuition is \$2,150. A deposit of \$1,075 is required upon confirmation of booking dates. The tuition includes all on site services, activities and teaching materials. Travel, lodgings and meal are your responsibility.

As with all Adventures In Awareness trainings, seminars and workshops, time payment options are available. Payment via PayPal is available. **The deposit is non-refundable and does apply to other AIA seminars & trainings.**

### Schedule Your Date Now:

Contact Barbara at [info@adventuresinawareness.net](mailto:info@adventuresinawareness.net) or call 520.247.3383 to schedule your AIA Student Intensive Workshop.

For more information on this Workshop or other Adventures In Awareness workshop and programs, visit website at [www.adventuresinawareness.net](http://www.adventuresinawareness.net)



*The purpose of Adventures In Awareness is to expand Awareness and develop Consciousness*