



# AIA Principles of Mounted Work

Borderlands Center for Equine Assisted Services  
August 28 - 30, 2015 • Sonoita, Arizona

## *Equine Facilitated Experiential Practitioners*

Expand your program options by including mounted work with horses. Through carefully orchestrated riding experiences, many practitioners of Equine Facilitated Experiential Learning are able to access the landscape of an individual's interior more easily. The horse's movement produces motion in muscles, tendons, skeletal structure, neuronal spinal fluid and **activates** core psycho-physiological energy.

In this workshop, participants learn to utilize full support team roles to provide mutually safe and beneficial experiences riding astride the horse. We explore basic principles, practice essential preparation of horse and human, and define and model support roles.



## *Details about the workshop*

### **Co-teachers:**

Ann Alden and Barbara Rector

### **Schedule:**

Friday, August 28, 2 pm - 7 pm  
includes a light supper.

Saturday and Sunday, August 29 & 30, 9 am - 3 pm  
includes lunches

### **Tuition:**

\$750 and includes meals mentioned above and manual

### **Early bird registration:**

\$695 - Payment by July 31

### **Curriculum:**

Preparation Process, Foundational Elements  
Practicum with full teams and their roles  
In Preparation for  
Adventures In Awareness Developmental Feelings Process  
Early Winter 2016

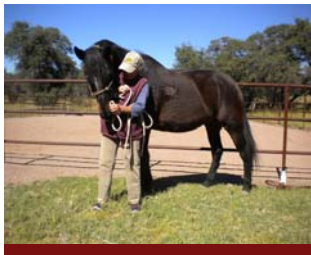
### **Registration:**

To register, visit [www.borderlandscenter.com](http://www.borderlandscenter.com). The website also includes information about suggested lodging and travel information.

### **Contact for more information:**

Ann Alden Director, Borderlands Center for Equine Assisted Services at [www.borderlandscenter.com](http://www.borderlandscenter.com);  
home: 520.455.5642 cell: 520.820.5757  
email: [aca@bmi.net](mailto:aca@bmi.net)

## *Barbara K. Rector, MA, CEIP-ED*



Credited globally with development of practice of psychotherapy with the help of horses (Equine Facilitated Psychotherapy EFP) in clinical setting of residential psychiatric hospital in early 1990, Barbara has also contributed to the wide spread teaching practice of experiential education with the help of horses (Equine Facilitated Learning EFL).

Barbara's book, **Adventures In Awareness: Learning with the Help of Horses (05)** is available through Amazon as paperback or eBook.

## *Ann Alden, MA, CEIP-ED, PATH International Certified Instructor and Equine Specialist in Mental Health and Learning*



Ann has been providing equine assisted activities since 1986. She now serves on the PATH Intl training faculty for the Equine Specialist Certification and is a Board Member for Horses & Humans Research Foundation. She has been a core faculty member of Adventures In Awareness since 1998.

*Adventures in Awareness*™

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