

**Feb 27- Mar 1, 2015**  
**10 am - 4:30 pm each day**  
**Medicine Horse Ranch**  
**Tomales, CA**

*An Introduction to*  
**ADVENTURES  
IN AWARENESS™**

**Presented by Medicine Horse Ranch  
& facilitated by Barbara Rector**

This 3-day study module is an introduction to the Adventures in Awareness™ principles, theory and best practices. The AIA equine facilitated experiential learning process work is suitable for individuals of any age interested in achieving clarity of life's purpose.

Carefully structured interactive activities with the horse are designed to create bonding, develop personal insights, deepen heart centered communication skills and elicit your strengths, gifts and talents.

The AIA process promotes working with horses as reflection (mirror principle – "what I see in you, is also in me") of our personal and interpersonal relationships.

For participants interested in working professionally with horses, the understanding and development of best practices and core principles is vitally important. One's personal/professional credibility, competency and eventual credentialing (CEIP) is dependent on this process. This study module will provide a solid foundation for development in the field of equine-guided education and learning.

**Equine Experiential Activities Include:** Responsibility Agreement, Centering, mutual choosing inner-active, heart scanning process, Con Su Permiso, imaginary lead line, elementary equine physiology and psychology as metaphor for life skills and round ring congruent message sending.

**This workshop is beneficial for:**

- Anyone wishing to know oneself and others through the wisdom of the horse.
- Individuals interested in personal/professional growth and development.
- Individuals wanting to learn how to incorporate horses into their current professions or future careers.
- Horse specialists interested in expanding their opportunities within the equine industry.
- College students adding equine experiential education training in preparation for career study, which includes horses.

*My awareness of what can be accomplished  
spiritually, emotionally, mentally and  
physically with the help of horses  
was life changing for me as  
a person and a clinician.*  
– Paula Allen, MSW



**Barbara K. Rector MA,** CEIP-ED, has four decades sharing horses with people education ally and therapeutically. She has traveled the world training professionals in her unique process for learning what horses have to teach humans. Barbara holds a Masters in Spiritual Psychology from Holy Names University. She has served on the Certification Board for Equine Interaction Professionals (CBEIP), and is currently joined with the University of Arizona exploring the science behind apparent health benefits of the horse and human bond. Barbara served two terms on the Board of Trustees for NARHA – now Professional Association Therapeutic Horsemanship International (PATHIntl. [www.pathintl.org](http://www.pathintl.org)) and nine years on the Medical Committee developing and reviewing Standards, Safety Guidelines and Therapeutic Riding facility protocols. She is an enthusiastic member of the Tucson Dressage Club and has held national certification as a riding instructor for both English Pleasure and Hunter/Jumper through American Association of Riding Instructors.

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

**Cost: \$795 (\$750, if paid by January 30)**  
**To Enroll: Contact Alyssa Aubrey, 707-878-2440,**  
**or email: [office@medicinehorseranch.org](mailto:office@medicinehorseranch.org)**

**All activities with the horses are facilitated on the ground in a safe and supportive environment.  
There is no horseback riding included in this program.**