



Explore The Heart Of The Horse

Tucson, Arizona

Individual 90 Minute Session

Raven Ranch

"This half day with Barbara and her horses was a spiritual experience. My horse gave me a new perspective."

—Inner Path Cottonwood de Tucson participant.

About Barbara

Barbara has almost 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 Adventure In Awareness process. Locally 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, she is co-founder of the Equine Facilitated Mental Health Association and has served two terms on the NARHA Board of Directors. Currently Barbara serves as Secretary on Certification Board for Equine Interaction Professionals. In Vienna, Austria, October '07, Barbara and her daughter Kelly R. Morken completed Licensed HorseDream Partner training.



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

- Learn effective communication and empathic listening skills.
- Learn new perspectives on basic equine psychology and physiology.
- Learn more about the health benefits of being in the horse's bio-energetic field.
- Learn how the science of psycho-physiological coherence contributes to your health.
- Experience the horse's energetic field interfacing with your own.
- Practice mindfulness meditation techniques that are
- Easy and fun, allowing access to your higher non-local mind.
- Practice cross-species communication skills.

Bookings available afternoon throughout the winter of 2009-2010. Call Barbara 520.247.3383 to set up your date and time.

Tuition

\$150 per person. Each workshop includes a 90 minute session with Barbara and AIA staff — human and equine, and will be held at Raven Ranch on south Harrison Road between Irvington and Golf Links.

Registration & Payment

A. Register and pay online

www.adventuresinawareness.net/registration/exploretheheart_individual.htm

After arranging a day and time with Barbara, follow the steps to register and pay online with PayPal/Credit Card.

B. Print application online

www.adventuresinawareness.net/forms/exploretheheart_individual.htm

Please send completed application and check made out to "AIA" to Barbara K. Rector, 9852 E. Skyview Dr., Tucson, AZ 85748.

"Barbara Rector's real life stories will amaze and inspire you. She offers workshops that are life-changing for both people and horses. The delight of her presence will stay with you forever."

—Trish Broersma, Ashland, OR.

Who Will Benefit

Anyone who is curious about getting to know oneself and others through the heart lens of the horse.

Individuals who are:

- Horse enthusiasts
- New horse owners
- Horse owners seeking fresh perspectives
- Those seeking renewal with their Higher Power
- Those in 12 Step Recovery groups.

Groups such as:

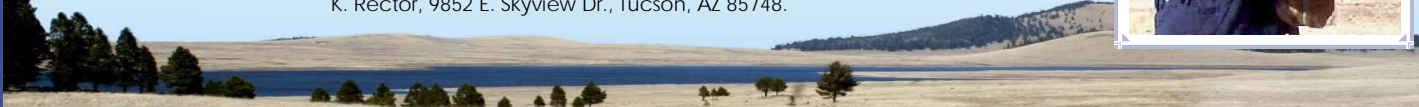
- Families seeking better communication
- Work teams seeking renewal
- Community boards seeking refreshment

Contact Information

info@adventuresinawareness.net

520.247.3383

www.adventuresinawareness.net



The Purpose of Adventures In Awareness is to Develop Consciousness While Expanding Awareness