

ADVENTURES IN AWARENESS™

The Equine Perspective

February 9 - 11, 2007 Tucson, AZ

"THE PURPOSE OF ADVENTURES IN AWARENESS IS TO DEVELOP CONSCIOUSNESS WHILE EXPANDING AWARENESS."

WORKSHOP SCHEDULE:

February 9 - 11, 2007
Tucson, AZ

Friday, 3 pm - 9 pm

Includes dinner @ 6:30 pm

Saturday, 9 am - 5 pm

Includes lunch @ 12:30 pm

Sunday, 9:30 am - 2:30 pm

Includes lunch @ 12:45 pm

ABOUT BARBARA



Barbara Rector, who leads the teaching team for this workshop, has more than three

decades sharing horses with people for their mutual benefit - mentally, physically, emotionally and spiritually. She has traveled the world training the trainers in her Adventures In Awareness process for exploring the heart of horse and human. On a national level, she is a founder of the Equine Facilitated Mental Health Assn and has served on the national board for NARHA. She is currently engaged in exploring the science behind apparent health benefits to humans when spending intentional meditative time in the bio-energetic field of horse.

The mission of Adventures In Awareness sessions, seminars and workshops is to consciously engage the power of horses in learning compassionate communication, exploring heart-based interpersonal relationship intimacy, while practicing self responsibility focused on personal growth & insight development.

Learn to expand your awareness of the many aspects of the horse's language and needs, the subtle and silent aspects.

Engage in the preparation and mounted skills practice for AIA developmental feelings and Trust Walk, foundational to AIA Journey Ride.

Working with the principles of 'witness' and 'observer' helps participants open the door to "subtle sense perception" and its role in communication with others. Participants will be "looking at the world behind our eyes" while engaged in mounted balance seat skills practice with full support team.



Expanding our awareness of horses in the physical, emotional and non-local aspects of their being helps us gain a more inclusive picture of their perspective. This examining process allows us access to depth of inner knowing and practice with our intuitive sense.

This seminar includes mounted work. Suggest stretch jeans or breeches, hard sole shoes or paddock boots. Bring your personal hard hat or use one of ours.

WORKSHOP COSTS & LODGINGS

\$950 Discount of \$50 for registration and deposit received prior to Jan. 1, 2007. Tuition fee includes daily meal, teaching notebooks, facility, human and equine faculty. Travel, lodgings, other meals on your own: suggested Tucson stay @ Comfort Suites, 7007 Tanque Verde, (85715). 1.800.4choice or www.choicehotels.com or Hilton Tucson East www.tucsoneast.hilton.com 520.721.5600 7600 E. Broadway (85710)

TO REGISTER

Print an application on line @ www.adventuresinawareness.net
Please send completed application and a deposit of \$600 check made out to AIA. Send to Barbara Rector, 9852 E. Skyview Drive, Tucson, AZ 85748
Deposits are non-refundable and do apply to future workshops.



For more about Barbara & Adventures In Awareness visit:
www.adventuresinawareness.net

For more information about The Equine Perspective, contact Barbara Rector
by email (best choice) bkrector1@earthlink.net or
by phone 520.247.3383