

Pathways to Well-being THROUGH THE WAY OF THE HORSE

EQUINE GUIDED EDUCATION AND HEALING

A Taste of Adventures in Awareness: - Barbara Rector, Stanlee Smith

This special workshop will focus on the essential elements of Equine-facilitated Learning as developed by Barbara Rector's Adventures in Awareness. This 2 day seminar co-facilitated by Barbara Rector and Stanlee Smith, host of Welcome Home Ranch, offers the opportunity to practice experientially equine facilitated activities through the heart lens of human and horse relationship.

May 23rd - 24th

fee: \$300

Sat. 9am - 6pm

Sun. 9am - 4pm.

*simple lunch, drinks,
snacks provided*



A fundamental aspect of Welcome Home Ranch programs is to expand our consciousness through the horse-human interaction. It is our intent to create an environment where the uniqueness and authenticity of each individual is celebrated as essential.

Prior experience with horses not necessary.

Each activity in this workshop is designed to cultivate our connection, communication and interaction with our horse partners and may be experienced as a direct link to our deepening human interconnectedness. Aspects we will explore include re-claiming our power by directing our lives according to our deepest desires, cultivating our inner gaze in order to navigate in the direction we choose, centering activities for deepening horse-human communication, and re-awakening intuition and heart-centered intention for authentic expression and action. These activities will be incorporated into the



Welcome Home Ranch 3 pronged approach which includes the *Self-inquiry process*, which helps to eliminate all that we are not so we recognize who we really are, *Expressive arts activities* and *Life-Link Integration* which gives participants tools to seamlessly continue their process out in their everyday lives.

This workshop will appeal to EAL/ EAP practitioners, horse lovers and anyone who would like to learn more about themselves in the presence of horses.

Montrose, Co. is on the western slope of the Rockies, 60 miles southeast of Grand Junction, 1 hour north of Telluride and about 225 miles west of Pueblo. There are many accommodations including Days Inn, Holiday Inn Express, Comfort Inn, etc. Welcome Home Ranch is just 4 miles from downtown and Montrose airport is in close proximity. Please visit www.go-colorado.com/Montrose for more visitor information.

Barbara Rector, a leading pioneer in the equine-facilitated field, instrumental in starting numerous programs throughout the country, co-founded EFMHA (Equine Facilitated Mental Health Association) and serves as Secretary on the Certification Board for Equine Facilitated Interaction Professionals. Barbara has more than three decades sharing horses with people for their mutual benefit. She travels the world offering trainings in her Adventures In Awareness (AIA) process.

Ms. Stanlee Smith, certified instructor of Yoga, Pilates and Somatic Neuro-muscular Re-education is completing her training in Barbara Rector's Adventures in Awareness Internship program. She has also trained with Epona-certified instructors of Buffalo Woman Ranch. She is currently completing her advanced teacher training in Integrative Restoration one of the key components of her equine program. For more details about her program, this particular workshop including directions and accommodations, visit our website: www.horsesofthespirit.com

