

Mindfulness in the Arena: A foundation on how to use mindfulness and horses for trauma, grief and loss.

June 4 2017



Objectives:

Mindfulness is a way of relating to our current experience without judgement, by staying present and accepting with an open heart. Horses can provide a safe space where clients can practice and investigate paying attention to their present moment experience. This workshop will help practitioners incorporate mindfulness techniques in their equine sessions

- ▶ Define Mindfulness and how to use in arena
- ▶ Explore how horses can facilitate emotions through observation
- ▶ Investigate Movement and Non Judgement

Who: PEACE LLC, with Pam Dudek LCSW-C and Lindsey Hall

When: June 4 2017

How Much: \$185, 6.5 CEU's lunch is included

Where: Graywood Farm
160 Bahns Mill Road
Red Lion PA, 17356

Time: 8A.M.-4:00 P.M.

Contact: Lindsey Hall
443-299-8441
lphall100@gmail.com

"An Approved Workshop for EAGALA Certification Continuing Education"



PEACE

Partnering with Equine to Assist in the Counseling Experience.

Registration Form June 4, 2017

Name: _____

Address: _____

City/State: _____

Phone: _____

Email: _____

- **Special needs for lunch? Please specify** (vegetarian, gluten free, etc.)

Early Registration before and on May 29, 2017 Cost: \$185 _____

Late Registration, after May 29, 2017 Cost \$200 _____

Mail top portion of this form to: Lindsey Hall
28 Clipper Road
Baltimore MD 21221

or email it to lphall100@gmail.com

Make check payable to: Peace, LLC and mail to Lindsey Hall address

Facility Address: Graywood Farm 160 Bahns Mill Road, Red Lion PA, 17356

Hotel: Red Lion Bed and Breakfast, 101 S Franklin St, Red Lion, PA 17356
(717) 244- 4739

*All Payments are due a week before workshop May 29 2017, late registration after May 29, 2017 increase in registration by 15 dollars.

*Cancellation policy, full refund if canceled by May 29 2017, after May 29 \$100 cancellation fee