

Managing Stress During these Times

An Equine-facilitated learning workshop

Dates: July 18th, 2020

Location: Hossmoor Stables, Briones, CA
(SF Bay Area- near Oakland)

Content

In this one-day equine-facilitated learning workshop you will experience the many benefits of working with horses. Horses are incredible teachers with regards to; how best to pay attention to what is needed in the moment, listening to subtle cues from the environment, observing and setting appropriate limits and the practice of taking a deep breath! Being in the presence of a horse can lower cortisol levels (the body's alarm system) which in turn reduces stress.

Learning activities include:

- Body scan & mindfulness exercises with horses as guides
- Listening to subtle messages from within and paying attention to non-verbal cues from the horse to establish connection
- Leadership through relationship
- Using emotion as information
- Mounted (optional) and ground-work



Facilitators

Heather Macbeth, LMFT is a licensed therapist and EFL/EFP (equine-facilitated learning and equine-facilitated therapy) practitioner in the Eponaquest model. She has experienced first-hand the benefits of the horse-human connection and believes that these experiences offer great benefits to one's well-being. To read more about equine-facilitated learning : <https://www.15handscounseling.com/>

We will be practicing safe practice measures in terms of social distancing and will follow guidelines according to the Alameda Health Department. Due to the current circumstances we will be limiting the number of participants.