

As an added bonus, Cloud Dancers' open-air environment will provide you with a pleasant respite from the office. After several structured interactions with the horses, we will discuss what our equine partners have to offer us, both metaphorically and literally, about improving our own ability to be mindful so we can, in turn, more effectively share these useful techniques with our clients.



## EMBODYING MINDFULNESS: WHAT HORSES CAN TEACH THERAPISTS

Are you interested in learning new mindfulness techniques to help your clients find greater balance and better ways to manage anxiety and stress?



Come join us to learn more about the benefits of being mindful and centered with the help of some unique teachers – the horse herd at Cloud Dancers Therapeutic Horsemanship Center in Albuquerque, NM!



P.O. Box 10489  
Albuquerque, NM 87184  
[www.clouddancers.org](http://www.clouddancers.org)  
505-926-1426





Mindfulness at its core involves simply maintaining focus in the present moment while being intensely aware of what you're sensing and feeling without judgement. Horses are very effective mindfulness teachers because they live mindfully in the present moment,

completely aware of their surroundings, and responsive to the input they receive from and about other creatures – including humans! This means they offer us a unique understanding of what it means to be actively mindful in a way that's very different than typical mindfulness or meditation experiences you might have previously encountered. Come join us and see for yourself!



**CEUs: 4 hours**  
**Fee: \$225**

### **In this 4 credit experiential CEU course, the horses will help us:**

- Examine what it truly means to be mindful in both horse and human herds
- Understand more about why people shift into positive emotions when they reach a state of coherence as we interact with the herd
- Experience firsthand several different approaches to mindfulness and meditation
- Develop ways to incorporate mindfulness techniques into your daily life and therapeutic practice
- Consider how mindfulness can help clinicians combat burnout and compassion fatigue



### **Instructors**

**Sharon Grady, MA, Licensed Professional Clinical Counselor in NM** – trained Equine-Assisted Psychotherapist and Equine-Assisted Learning facilitator.

**Lynda Miller, Ph.D.**, Lifelong horsewoman; professionally trained Play Therapist and nationally Certified Clinician for individuals with communication challenges.

**Karen Molony**, PATH Certified Instructor and PATH Certified Equine Specialist in Mental Health and Learning with a lifetime of experience with horses. She has been teaching at Cloud Dancers since 2006.

**Note: Beverages and snacks will be provided. Closed-toe shoes and long pants are required. Hats and sunscreen are encouraged.**