

Horses Revitalizing Healthcare Heroes

Join Us for Five Days of Experiential Learning and Healing with Horses and Nature!



Individuals, Families, and Communities have had to face countless uncertainties during this global health crisis. These challenges could not have been navigated without the amazing and relentless work by our front-line healthcare providers and emergency response workers. You have been on our minds often over the last year and we know your work has been vital but also has been exhausting. Whenever we are faced with ongoing work demands, stress, and even loss, it is so important that we find things that are protective factors against common workplace realities of compassion fatigue, burnout, and stress related injuries.

Having an opportunity to work with a Horse Partner could be the very path needed to strengthen your resiliency, empowerment, and release the daily stressors and challenges that you have had to face in your role as a provider of health for others. Now is the time for your health and recovery.

Horses are sensitive to non-verbal communication and to human emotions. They reflect back what they receive from us and hold a safe, non-judgmental space for mindfulness and healing.

Benefits of Experiential Learning with horses

- Feel the unconditional acceptance, calm alertness, and emotional stability of the horse
- Unwind and learn to master anxiety
- Release the difficult emotions that come with stress and trauma
- Increase your confidence
- Learn how to build trust, relationship, and heart resonance
- Learn to feel and know from your body
- Bring coherence to your body language and verbal communications
- Increase mindfulness and authenticity
- Feel the strength of the heart of the horse
- Decompress



What to Expect in this Workshop

The horse medicine workshops are held on beautiful Salt Spring Island or in Alberta's rich woodland landscapes. Individual and group activities with horses are augmented with guided interactions with the natural environment. Adding to the benefits of working with horses, these nature activities bring us to a place of being in the present moment, fostering connection to each other through shared experiences and to the more-than-human world through sensory interaction.

Studies show that experiences in partnering with horses can reduce anxiety and depression through lowering levels of cortisol and blood pressure and increasing the release of oxytocin and feelings of positivity and connection.

Interactions with nature furthers these effects, boosts the immune system and decreases stress.

This Workshop is for you if you

- Need a reset in your life to de-stress from the incredible demands of your work
- Have an interest in engaging with horses as partners
- Wish to connect to your heart space with the compassionate hearts of horses
- Desire time outside connecting to nature
- Desire to gift yourself with a new experience
- Know you need some self-care and revitalizing time



This 5-day Workshop is offered by Facilitated Equine Experiential Learning (FEEL©) Certified Practitioners. Nature based activities are offered by an Association of Nature and Forest Therapy Guides and Programs Certified Forest Therapy Guide.

Course Dates: July 1-5, 2021 - Salt Spring Island, BC
Cost: \$1695.00 plus GST

August 5-9, 2021 - Water Valley, Alberta

For more information and to register please
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