



Facilitating Mindfulness EAL Programs



Hosted By:



1-DAY HELD WEDNESDAY, MAY 1, 2024

Kenwood, CA (Sonoma)

What you'll gain from this training:

- Experientially learn mindfulness techniques along with designing and facilitating these types of programs for all client contexts, especially for personal well-being, leaders, teams, and equestrian clients
- Explore mindful leadership concepts and how to apply them with leaders and teams
- Understand the meaningful research behind why people shift into positive emotions and experience physical and cognitive benefits when with horses
- Learn how to grow your business by offering highly sought-after mindfulness programs that clients can attend multiple times
- Pre-work includes viewing the webinar recording, Heart of the Matter: Why Horses are Ideal Partners for Transformation

Note: Prior certification is not required although our certification training supports facilitating all EAL programs. No experience with mindfulness or meditation is needed.

Learn more and register at <https://ealacademy.com/trainings>

- **Early-Bird Discount through March 12 is \$597**, Regular Price is \$697
- Discounts: \$100 additional discount when bundled with the 4-day EAL Accelerated Facilitation Certification training; contact us or learn more about other discounts on our website for 2 or more attending together or host affiliation: <https://ealacademy.com/trainings.html#PaymentInfo>

PROCESS AND TOOLS TO FACILITATE MINDFULNESS PROGRAMS

SCRIPTS & TEMPLATES PROVIDED SO YOU CAN OFFER PROGRAMS IMMEDIATELY

EXPERIENTIALLY LEARN MINDFULNESS TECHNIQUES

TRAIN IN A SMALL GROUP SETTING

LED BY EXPERT EAL TRAINERS

HOST

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Training Description

EAL Academy's 1-day mindfulness training provides an experience to learn how to facilitate mindful meditations, mindful leadership, and other mindfulness activities with horses. Clients are seeking programs to help them find greater balance, better ways to manage stress, more self-care and heart-centered interactions based on compassion and empathy. Offering mindfulness programs with horses is an incredible way for your clients to experience coherence (a meditative state with many positive benefits).

Mindfulness involves simply maintaining focus in the present moment while being intensely aware of what you're sensing and feeling without judgment. Horses are the best mindfulness teachers because they live mindfully in the present moment, typically in a coherent state. They offer an active mindful experience that's very different than typical mindful meditation experiences that clients enjoy. Facilitating these heart-centered experiences is personally rewarding for all involved and a wonderful experience to offer clients on a regular basis.

During this training, you will:

- Learn mindfulness techniques and become proficient at designing and facilitating these types of programs, especially for personal well-being, leaders, teams, and equestrian clients.
- Understand why people shift into positive emotions and experience physical benefits when they reach a state of coherence, which is a state of resilience and an outcome of heart-centered meditation techniques.
- Learn about meaningful research that shows horses elevate positive emotions in people, along with other cognitive and physical benefits, by simply being in their presence. You'll learn how to engage this heart-based coherent state through mindful activities.
- Be guided step-by-step with processes and we provide meditation scripts, forms, tools, templates, and samples to facilitate your own mindfulness programs with horses right after the training.
- Explore mindful leadership concepts and how to apply them with teams that are looking to support employees with improving well-being, balance, and culture.
- Understand how to offer highly sought-after mindfulness programs. You'll be prepared to grow your equine business by offering EAL mindfulness programs. We've found EAL mindfulness programs to be a great way to grow revenue with a program that clients often want to attend multiple times. This type of program is also a great addition to horseback riding and for equestrian clients.

Additional Event Information

Travel:	<p>Airports:</p> <ul style="list-style-type: none">• Sonoma County Airport in Santa Rosa (STS) https://sonomacountyairport.org/; 30 minutes• San Francisco Airport (SFO) https://www.flysfo.com/; 1.5 – 2 hours• Oakland Airport (OAK) https://www.oaklandairport.com/; 1.5 – 2 hours• Sacramento Airport (SMF) https://sacramento.aero/smf; 2 hours <p>Rental Cars: Check airport website for available car rental providers</p> <p>Lodging: There are nearby hotels, B&Bs, and Airbnb and Vrbo rentals; please review ratings to select your accommodations</p>
Weather & Clothing:	<ul style="list-style-type: none">• For May, the average daily highs are in the mid-70's; overnight lows in the high-40's (°F)• Time will be spent both indoors and outdoors, doing physical activities with horses• Dress appropriately for the weather and it is best to layer clothing• Participants are required to wear closed toe shoes or boots
Schedule:	<ul style="list-style-type: none">• The training starts promptly at 8 AM and will go until the training is finished, but no later than 5 PM• There are breaks mid-morning, mid-afternoon, and lunch is at 12:15 – 1 PM

Food & Beverages:	<ul style="list-style-type: none"> • EAL Academy provides water and light snacks • Lunch is handled differently at each training so watch for an email sent a week or so before the training that will explain how lunches will be handled. <ul style="list-style-type: none"> ○ If we're able to secure a caterer, then we'll provide the same lunch for everyone attending and we don't support dietary restrictions and preferences. If you have special dietary needs or are particular about what you eat, then you'll need to provide your own food. ○ If we're not able to secure a caterer then you'll provide your own lunch. • It's important that you bring whatever you need to be comfortable, nourished, and hydrated.
Prerequisites:	<p>Prior to the training, view the webinar recording, Heart of the Matter: Why Horses are Ideal Partners for Transformation, to understand what's happening when people are in the presence of horses.</p> <p>Also review the training curriculum so you're familiar with all concepts presented and can bring your questions to the training. This will allow us to focus on activities with the horses. More details are provided in the curriculum materials (sent when you register or approximately 40 days prior to the training).</p>
Bring with You:	<ul style="list-style-type: none"> • Print the curriculum and bring the training materials with you • Anything additional you need for a positive training experience, such as device charger(s), sunscreen, bug spray, sunglasses, hat, food (see above), and anything else to be comfortable
Technology:	<ul style="list-style-type: none"> • EAL Academy primarily communicates important training information through email, so be sure to watch for our emails in your inbox and junk/spam folders; add our email, staff@ealacademy.com, to your address book (or "whitelist" our email address) • We'll send a confirmation email after you pay for your registration • The training curriculum is sent approximately 40 days before the training, followed by other emails to coordinate aspects of the training • You'll access the curriculum in cloud folders • You'll need to print one document to bring with you to the training; if you plan view this electronically on a mobile device, please confirm the document is saved/downloaded to your device before you arrive since Wi-Fi and cellular service may not be available at the training • Provide us with your mobile number in case it's needed for coordination • Wi-Fi and cellular service may not be available at the training
CEUs:	<ul style="list-style-type: none"> • PATH Intl. has pre-approved CEUs for this training: 6.5 CRs (all certifications) and 5.5 CEs • For other CEUs, we have materials you can submit to your licensing and/or certifying organization(s) to determine if they approve CEUs for this training

Note: Information subject to change.