



# Heart Connection with Horses



Hosted By:



2-DAYS HELD THURSDAY & FRIDAY, MAY 2 - 3, 2024

Kenwood, CA (Sonoma)

What you'll gain from this training:

- Experience a deeper heart connection with horses
- Experientially learn over 15 new meditations, breathwork, and other mindfulness techniques
- Explore energetic exchanges with horses and their deeper herd culture, start your journey in understanding the meanings behind these experiences
- Learn techniques to strengthen your own intuition in support of facilitating these types of experiences
- Practice techniques to give back to horses for all they give to us
- Expand your mindfulness and personal growth EAL programs with new experiences to create follow-up programs and retreats
- Pre-work includes viewing materials for a base understanding of energy systems of people and horses

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

- **Early-Bird Discount through March 19 is \$1,497**, Regular Price is \$2,297
- Discounts: Contact us or learn more on our website about other discounts for 2 or more attending together or host affiliation: <https://ealacademy.com/trainings.html#PaymentInfo>

SCRIPTS & TEMPLATES PROVIDED SO YOU CAN OFFER PROGRAMS IMMEDIATELY

EXPERIENTIALLY LEARN OVER 15 NEW MEDITATIONS, BREATHWORK, AND OTHER MINDFULNESS TECHNIQUES

TRAIN IN A SMALL GROUP SETTING

LED BY EXPERT EAL TRAINERS

## HOST

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## EAL ACADEMY

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## Training Description

EAL Academy's 2-day expanded mindfulness training offers a follow-up experience to our mindfulness training with more activities and experiences for your mindfulness and personal growth EAL programs, to support you in creating repeat experiences and retreats. This training is based on exploring the deeper heart connection with horses that engages their gentle wisdom and energetic exchanges, which balances us and them. You'll experience these sacred gifts and be able to facilitate these same experiences with your clients to support their wellbeing of mind, body, and spirit.

We'll explore the deeper herd culture that's unknown to most, where horses are moving energy in support of their herd, and also for us when we're ready to receive, with an open heart and a state of softness. Witnessing this next level of herd culture provides deeper insight and connection with them.

During this training you'll explore energetic exchanges with horses through meditations, breathwork, journaling, and other mindfulness activities. All the activities are heart centered and based on simply being in the presence of horses, without asking them to do anything for us other than to show up the way they choose to express themselves and interact with us.

To better understand these experiences and what they mean, this training covers these topics:

- Additional information on coherence, research on biofield science (electromagnetic field – EMF) and the energy systems of people and horses (energy centers, chakras, and meridians)
- Energetic exchanges between people and horses, including balancing that horses generously offer us, just like they do within their herd
- A process for interacting with horses that honors their voice and choice
- Techniques to strengthen or reconnect to your inner wisdom and intuitive self
- Learn a few ways to give back to horses to support them after working with people and to express gratitude for all they do for us
- Experience more than 15 interactions with horses, plus additional activities are provided along with other independent reflective activities.

You'll be guided step-by-step with processes and we provide all the meditation scripts, activity descriptions, forms, tools, templates, and sample agendas to facilitate your own programs right after the training.

### Prerequisites:

- **Complete EAL Academy's 1-day Mindfulness training - Facilitating Mindfulness EAL Programs.**
- Experience safely handling horses on the ground, no riding or driving experience is needed.
- Prior certification is not required, although EAL Academy's 4-day Certification training supports facilitating all types of EAL programs and includes additional activities to use during mindfulness EAL programs along with tools and templates for leading your EAL programs – marketing, pricing, liability, program planning, etc. These topics are not covered in this training.
- We highly recommend going deeper in learning more about energetic exchanges through Leah Dyck's Equus Empowered Virtual 9-week Training, learn more at <https://ealacademy.com/resources.html#EquusEmpowered>.

## Additional Event Information

<b>Travel:</b>	<p>Airports:</p> <ul style="list-style-type: none"><li>• Sonoma County Airport in Santa Rosa (STS) <a href="https://sonomacountyairport.org/">https://sonomacountyairport.org/</a>; 30 - 45 minutes, depending on traffic</li><li>• San Francisco Airport (SFO) <a href="https://www.flysfo.com/">https://www.flysfo.com/</a>; 1.5 – 2 hours</li><li>• Oakland Airport (OAK) <a href="https://www.oaklandairport.com/">https://www.oaklandairport.com/</a>; 1.5 – 2 hours</li><li>• Sacramento Airport (SMF) <a href="https://sacramento.aero/smf">https://sacramento.aero/smf</a>; 2 hours</li></ul> <p>Rental Cars: Check airport website for available car rental providers</p> <p>Lodging: There are nearby hotels, B&amp;Bs, Airbnb and Vrbo short-term rentals; please review ratings when selecting your accommodations</p>
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<b>Weather &amp; Clothing:</b>	<ul style="list-style-type: none"> <li>• For May, the average daily highs are in the mid-70's; overnight lows in the high-40's (°F)</li> <li>• Time will be spent both indoors and outdoors, doing physical activities with horses</li> <li>• Dress appropriately for the weather and it is best to layer clothing</li> <li>• Participants are required to wear closed toe shoes or boots</li> </ul>
<b>Schedule:</b>	<ul style="list-style-type: none"> <li>• Each day the training starts promptly at 8:30 AM and we expect will end around 4 PM (it will go until the training is finished, but no later than 5 PM); if you need to sign a liability waiver please arrive the first day 15 minutes early</li> <li>• There are breaks mid-morning, mid-afternoon, and lunch is at 12:15 – 1 PM</li> <li>• There is self-reflective homework on Day 1</li> </ul>
<b>Food &amp; Beverages:</b>	<ul style="list-style-type: none"> <li>• EAL Academy provides water and light snacks</li> <li>• 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"> <li>○ 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.</li> <li>○ If we're not able to secure a caterer then you'll provide your own lunch.</li> </ul> </li> <li>• It's important that you bring whatever you need to be comfortable, nourished, and hydrated.</li> </ul>
<b>Prerequisites:</b>	<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>
<b>Bring with You:</b>	<ul style="list-style-type: none"> <li>• Print the curriculum and bring the training materials with you</li> <li>• 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</li> </ul>
<b>Technology:</b>	<ul style="list-style-type: none"> <li>• 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)</li> <li>• We'll send a confirmation email after you pay for your registration</li> <li>• The training curriculum is sent approximately 40 days before the training, followed by other emails to coordinate aspects of the training</li> <li>• You'll access the curriculum in cloud folders</li> <li>• 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</li> <li>• Provide us with your mobile number in case it's needed for coordination</li> <li>• Wi-Fi and cellular service may not be available at the training</li> </ul>

Note: Information subject to change.