



Facilitating Mindfulness EAL Programs



Hosted By:



More information & Register
ealacademy.com/trainings

1-DAY, WEDNESDAY, MARCH 19, 2025, 8 AM – 4 PM

Apalachin, NY (near Binghamton)

What you'll gain from this training:

- Experientially learn mindfulness experiences with horses to facilitate programs for personal growth wellbeing, self-care, leaders, teams, equestrian clients, etc.
- Explore mindful leadership concepts for organizations that are looking to improve employee wellbeing, engagement, and culture
- Understand the meaningful coherence research behind why people shift into positive emotions and experience physical and cognitive benefits when they're with horses
- Offer sought-after mindfulness programs with horses that clients attend multiple times

Learn more and register at <https://ealacademy.com/trainings> & <https://ealacademy.com/trainings.html#MindInfo>

- **Early-Bird Discount is \$597**, Regular Price is \$697, there are other discounts for 2 or more attending together, host affiliation, or bundling with another training; last day to register and all discounts expire on the date listed on our website;
<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

The H.E.A.R.T. Center
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Training Description

Learn to facilitate mindful meditations and other mindfulness activities with horses to support your clients with greater balance, better ways to manage stress, and supporting self-care. The heart-centered interactions in this program can be a foundation to increase their compassion, empathy, and gratitude.

Mindfulness is simply maintaining focus in the present moment while being aware of what you're sensing and feeling, without judgment. Horses are the best mindfulness teachers because they primarily live in the present moment, and typically in a coherent state. Explore coherence, the benefits of being in this state, and how horses support us in shifting into it (all based on coherence research). Best of all, experience for yourself this regulated coherence state and its effects.

These experiences with horses are active and very different than typical meditation and mindfulness experiences. Many that have struggled with meditating, find ease with meditating with horses. Clients enjoy how the horses choose how to interact with them and the deeper connections that unfold, and often attend again.

This is a beautiful personal wellness experience with horses, whether you choose to facilitate these experiences after this training. If you do, everything is provided to host programs right after the training, including step-by-step processes, activity descriptions, meditation scripts, forms, tools, templates and sample agendas to facilitate programs right after the training.

After the training, you'll have access to our free online community (private Facebook group) to connect with others that have attended our trainings to collaborate about EAL tools, techniques, resources, facilitation opportunities, and in many other ways. Also, you may always contact EAL Academy for support with your questions.

Prerequisites:

- Experience with 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.
- No experience with mindfulness or meditation is needed.

Additional Event Information

Travel:	Airport: Phoenix Sky Harbor International Airport (PHX) https://www.skyharbor.com/ ; 25 minutes, depending on traffic Rental Cars: Check airport website for available car rental providers Lodging: There are nearby hotels, B&Bs, and short-term rentals; please review ratings when selecting your accommodations
Schedule:	<ul style="list-style-type: none">• The training starts promptly at 8 AM and will go until the training is finished, which is typically around 4 PM• Please arrive at 8 AM if you haven't previously completed an EAL Academy liability waiver this year, at this facility• There are breaks mid-morning, mid-afternoon, and lunch is at 12:15 – 1 PM
Weather & Clothing:	<ul style="list-style-type: none">• For March, the average daily highs are in the high-70's; overnight lows in the 50'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
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.• It's important that you bring whatever you need to be comfortable, nourished, and hydrated.

Pre-Work:	<p>Prior to the training, review the Pre-Study document provided with the training curriculum. It provides important information, backed by research, about 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. The training curriculum materials are sent when you register or approximately 40 days prior to the training.</p>
Bring with You:	<ul style="list-style-type: none"> • Printed training materials, or downloaded to a device (see below) • Anything additional you need for a positive training experience, such as device charger(s), sunscreen, bug spray, sunglasses, hat, jacket, 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) • A confirmation email is sent after you pay 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 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
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.