



Heart Connection with Horses



Hosted By:



More information & Register
ealacademy.com/trainings

3-DAYS, WEDNESDAY – FRIDAY
APRIL 9 – 11, 2025, 8:30 AM – 4 PM
Canyon, TX (near Amarillo)

What you'll gain from this training:

- Experience horses as **Master ∞ Energy ∞ Movers** and the deeper meanings behind their powerful energy exchanges to clear, balance, and align us and their herd
- This hidden realm is important for facilitators and coaches to discover so they can deepen their relationship with horses and to facilitate the most powerful experiences
- Learn a multitude of wellbeing techniques and activities with horses to support repeat clients and offering multi-day programs and retreats
- Integrate a process that honors the voice and choice of horses in this work, and integrate ways to give back to them for all they give to us
- Integrate your inner wisdom to strengthen facilitation to lead transformative wellbeing experiences

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

- **Early-Bird Discount is \$2,097**, Regular Price is \$2,697, there are other discounts for 2 or more attending together, host affiliation, or bundling with the 1-day Mindfulness; last day to register and all discounts expire on the date listed on our website; <https://ealacademy.com/trainings.html#PaymentInfo>

**ALL SCRIPTS,
RECORDINGS,
ACTIVITIES &
TEMPLATES
PROVIDED SO YOU
CAN OFFER
PROGRAMS RIGHT
AFTER THE
TRAINING**

**EXPERIENTIALLY
LEARN OVER 30
NEW MEDITATIONS,
BREATHWORK, AND
OTHER
MINDFULNESS
ACTIVITIES WITH
HORSES**

**TRAIN IN A SMALL
GROUP SETTING**

**LED BY EXPERT EAL
TRAINERS**

HOST

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Training Description

This training builds upon the 1-day Mindfulness experience, to offer in-depth experiences targeting mindfulness, meditation, wellness, wellbeing, self-care, personal growth, etc. There are more than 30 techniques and horse interactions to support repeat clients and multi-day programs and retreats. These interactions go deeper into experiencing horses as spiritual beings and understanding the many ways they energetically support us. These interactions are divinely inspired to bring energetic grounding, alignment, and heart-centered expansion.

Journey into the hidden realm of horse culture that is unknown to most, where it's revealed that horses are **Master ∞ Energy ∞ Movers**. They move energy to balance and align themselves, their herd, the land, and us. Experience these energetic exchanges, and connect deeper in understanding their messages.

The horse interactions include connection activities, energetic exchanges, breathwork, and meditations. All can be one on one experiences for individual clients or facilitated in a group setting, as experienced during the training. Most interactions involve simply being in the presence of horses where they decide how to interact with us. This is a powerful place where the horses share their sacred gifts.

Experience the expansive presence of horses through:

- Energetic tools to ground, clear, balance, and align both people and horses (energy centers, chakras, meridians)
- Ways to harmoniously engage with horses, which honors their voice and choice
- Methods to strengthen and awaken inner wisdom and intuition, to support facilitating these experiences
- Techniques to give back to the horses to express gratitude for the beautiful gifts they give us

Imagine experiencing these with horses: Moving Meditation Experiences ~ Healing Frequencies ~ More ways to reach a state of Coherence ~ Energy Systems of Humans & Horses ~ Qigong ~ Mudras ~ Sacred Geometry ~ Crystals ~ Journaling ~ Deep Connection ~ Intention and Affirmations ~ Manifesting

Experience these sacred gifts solely for your own wellbeing, or facilitate these experiences for your clients' wellbeing of mind, body, and spirit. We guide with step-by-step processes, activity descriptions, meditation recordings, 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:

- **Complete EAL Academy's 1-day Mindfulness training - Facilitating Mindfulness EAL Programs.** We offer self-study options.
- 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. During the 4-day Certification training we provide tools for managing liability risk, marketing, pricing, selling EAL programs, program planning, and building an EAL business. During this training, these topics are covered at a high level specific to mindfulness and meditation programs with horses.

Additional Event Information

Travel:	<p>Airports:</p> <ul style="list-style-type: none">• San Diego International Airport (SAN) https://www.san.org/• Orange County John Wayne Airport (SNA) https://www.ocair.com/• Both airports are about 1 hour away, depending on traffic <p>Rental Cars: Check airport website for available car rental providers</p> <p>Lodging: There are nearby hotels and short-term rentals; please review ratings when selecting your accommodations</p>
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Schedule:	<ul style="list-style-type: none"> • The training starts promptly at 8:30 AM and will go until the training is finished, and no later than 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 • There is self-reflective homework
Weather & Clothing:	<ul style="list-style-type: none"> • For April, the average daily highs are in the 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 training curriculum so you're familiar with all concepts presented and can bring your questions to the training. Also, for the materials designated as Pre-Work, review the information that is new to you since the training is based on understanding these foundation concepts.</p> <p>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 mobile 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 so it's more likely to be delivered to your inbox • 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 2 documents to bring with you to the training; if you plan view these electronically on a mobile device then please confirm the documents are 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"> • 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.