

# Indoor Winter Mindfulness with Horses:

## A 3-Part Journey

Join us for a unique three-part workshop designed to combine the therapeutic presence of horses with foundational mindfulness practices. Through guided exercises and non-riding interactions, you will learn to regulate your emotions, deepen self-awareness, and find peace amidst the winter season.

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### Workshop Overview

This series will take place entirely indoors (semi heated arena/heated classroom) and focuses on groundwork and observation. **No prior horse experience is required.** Please wear closed-toe shoes and warm, comfortable clothing suitable for a barn environment. The barn will be heated to approximately 40 degrees.

Part	Theme	Focus & Intention
Part 1	<b>The Mindful Anchor</b>  <i>January 24, 2026 9:30-11:00 AM</i>	<b>Safety with Horses</b> <ul style="list-style-type: none"><li>• Grounding and Presence. Learn about approaching a horse safely.</li><li>• Learn how to mindfully tune into your body and how that affects a horse's behavior</li><li>• Learn about the horse's awareness of safety and natural state of calm as a mirror and anchor for your own attention.</li><li>• Optional: Journal and Discuss</li><li>• Bring learned mindfulness tools into simple interactions with the horse and develop a practice you can take home</li></ul>
Part 2	<b>Connection &amp; Communication</b>  <i>February 21, 2026 9:30-11:00 AM</i>	<ul style="list-style-type: none"><li>• Non-Judgment and Awareness. Observe the Herd.</li><li>• Explore the immediate feedback horses offer on our emotional state and practice communicating with intention</li><li>• Establish Connection</li><li>• Communicate through offering an invitation</li><li>• Optional: Journal and Discuss</li><li>• Bring learned mindfulness tools into simple interactions with the horse and develop a practice you can take home</li></ul>
Part 3	<b>Embodied Reflection</b>  <i>February 28, 2026 9:30-11:00 AM</i>	<ul style="list-style-type: none"><li>• Integration and Self-Compassion</li><li>• Awareness of body, thoughts and emotion before and after</li><li>• Bring learned mindfulness tools into simple interactions with the horse and develop a practice you can take home</li><li>• Optional: Journal and Discuss</li></ul>

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### What You Will Gain

- **Stress Reduction:** Learn techniques to calm your nervous system and have an outlet to decrease stress in the winter.
- **Enhanced Presence:** Practice being fully in the moment, guided by the horse's honest and non-judgmental presence.
- **Improved Self-Awareness:** Discover how your internal state impacts those around you through the clear reflection offered by the horses.
- **Take-Home Tools:** Acquire simple, practical mindfulness exercises you can use daily, long after the workshop is complete.

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## Event Details & Schedule

### Location:

Rock Ranch, 355 40th Ave Hills, MN 56138

**Dates & Times:** January 24th; February 21; February 28

Time: 9:30-11:00 AM

### Investment:

**Full 3-Part Series Cost for each individual:** \$50.00

**\*\*Avera Hearts and Healing Foundation is sponsoring \$100 of the fee for each participant, bringing the client cost to \$50.00.**

## Registration & Contact

**Registration and payment due by November 24. To secure your spot or for more information, please contact:**

- **Instructor/Organizer:** Brenda Ling & Marie LaRock
- **Phone:** [\(605\) 940-2243](tel:6059402243)
- **Email:** [riderockranch@gmail.com](mailto:riderockranch@gmail.com)
- **Website/Link:** [riderockranch.org/events](http://riderockranch.org/events)