

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.

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

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.

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:(605)940-2243)
- **Email:** riderockranch@gmail.com
- **Website/Link:** riderockranch.org/events