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 **~~Calmness  and Equine Mindfulness ~~**

**Horses are great teachers, they mirror our emotions.  When horses interact with humans, they act like a biofeedback mechanism in their ability to detect a person's emotional state.**

**This workshop is a full day of emersion with horses as  partners ,along side a professional equine  specialist  and a behavioral health clinician.      During this program  you will interact with horses in their natural environment as a tool for relaxation, emotional healing, growth and learning.   It is a collaborative effort between you  and the horse as equal partners.    A combinations of mindfulness and some stress reduction skills will be taught with the assistance of our equine teachers.**

**This  innovative  workshop takes place  within a serene and rustic country setting nestled on the outskirts of Arcadia Management Area in Exeter, Rhode Island.   The environment itself prompts a relaxing  experience.**

**The Program Director and Instructor at  Stepping Stone Ranch is Heidi Waldron.  Heidi is a true horsewoman who has been teaching adults and children for 45 years.  She stresses safety, education, equine knowledge and care.  Heidi  speaks from the heart as she too has experienced many life stressors.   Heidi  skillfully guides the experiential learning activities with input from each participant  involved.**

**Her partner, Cindy Kolesinskas , also a horse enthusiast is a behavioral health professional with decades of   experience counseling  and teaching stress management and emotional healing .**

**The program is  structured but fluid in activities.   What is important to the individuals in the group  directs agenda.**

**Please note - This is NOT a horseback riding program and all work will be done from the ground.  No previous horse experience is necessary.**

**(Due to Covid, participants are encouraged to pack themselves a lunch.  Bottled beverages , coffee, and packaged snacks will be provided)**

**Date:    \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Introductory Offer   $175.   per participant.**

**Registration is limited to  5.  participants.   Registration will be closed on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**To register  please email****steppingranch@gmail.com****or call ~ 401-569-6541**