**Course Manual Outline for Advanced Equine Assisted Mindfulness**
1. Introduction

   - Overview of the Advanced Course
   - Objectives: Building on previous mindfulness skills, integrating positive psychology, and deepening compassion practices.

2. Theoretical Background

   - Introduction to Strength-Based Psychology
   - Fundamentals of Positive Psychology
   - Understanding and Practicing Compassion

3. Session Structure

   - Weekly Themes
   - Practical Applications with Horses
   - Integrative Mindfulness Practices

Weekly Session Plans

Week 1: Strength-Based Foundations

*Goals:*
- Introduction to strength-based psychology principles.
- Applying these principles in the context of equine interactions.

Activities:

1. Housekeeping and Introduction (10 mins)
   - Refresh on confidentiality, health and safety.
2. Strengths Identification Exercise (30 mins)
   - Identifying personal strengths and discussing how these can be observed in equines.
3. Guided Mindfulness Practice with Horses (30 mins)
   - Focus on embodying strengths during interaction with horses.
4. Group Reflection and Discussion (20 mins)

Week 2: Positive Psychology and Equine Interaction

*Goals:*
- Exploring key concepts of positive psychology.
- Integrating these concepts into mindful equine practices.

Activities:

1. Review and Housekeeping (5 mins)

2. Didactic Learning: Positive Psychology Basics (20 mins)
   - Discussion of core concepts such as gratitude, optimism, and resilience.
3. Equine Interaction Activity (30 mins)
   - Practicing gratitude and optimism with horses.
4. Nature-Based Mindfulness M (30 mins)
   - Guided practice focusing on positive emotions.
5. Enquiry and Sharing Session (15 mins)

Week 3: Deepening Compassion

*Goals:*
- Understanding and enhancing compassion for self and others.
- Applying compassionate practices in equine-assisted mindfulness.

Activities:

Housekeeping Reminder (5 mins)
2. Discussion on Compassion (20 mins)
   - How compassion works, both psychologically and in relation to equines.
3. Compassionate Interaction with Horses (30 mins)
   - Engaging in grooming and bonding activities.
4. Mindfulness Practice: Compassion Meditation (30 mins)
5. Group Enquiry and Reflection (15 mins)

Week 4: Integration and Practical Applications

*Goals:*
- Integrating all learned concepts into a cohesive practice.
- Reflecting on growth and setting future intentions.

Activities:

1. Housekeeping and Review (5 mins)
2. Consolidation Activity (30 mins)
   - Review of key takeaways from previous weeks.
3. Guided Integration Practice with Horses (30 mins)
   - Applying strength-based, positive psychology, and compassion principles in a mindful session.
4. Group Discussion and Q&A (20 mins)
   - Reflecting on experiences, discussing challenges and successes.
5. Closing Meditation and Future Intentions (15 mins)

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