



## **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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