



Equineflo
Assisted**Mindfulness**

Course Manual Outline

1. Introduction

Course Overview: Introduction to Mindfulness With Equines (MWE), 4 sessions, each lasting 2 hours.

Objectives:

- Understand Mindfulness in nature and with horses by identifying and drawing on our strengths.
- Comprehend Mindful Attitudes in Equine interactions.
- Explore neurobiology, polyvagal theory, and sensory awareness in humans and equines.
- Learn grounding techniques and Nature & Equine assisted Mindful meditations.
- Enhance confidence in practicing Mindfulness, aiding steadiness for humans and horses.
- Develop compassion through practice with horses.
- Engage in self-inquiry before, during, and after Mindfulness practices.

2. Theoretical Framework

- Strength-Based Approach: Focus on personal strengths and positive experiences.
- Mindfulness-Based Strengths Practice (MBSP): Principles applied to the human-equine relationship.
- Neurobiology and Polyvagal Theory: Key concepts from Dr. Stephen Porges' work, applied to equine behaviour.

3. Session Structure

- Weekly Themes and Activities: Detailed session plans.
- Facilitator's Guide: Tips and safety guidelines for conducting sessions.
- Assessment and Feedback: Use of mindfulness assessment tools and formative and summative assessments.

Weekly Session Plans

Session 1: Body Connection for Humans and Horses

Activities:

- Housekeeping: Confidentiality, Health and Safety, Community Guidelines.
- Finding steadiness in the body with equines, understanding senses, trauma responses.
- Body Scan Meditation with Equine assistance.
- Self-Enquiry to support understanding of practices and responses.

Session 2: Heart and Mind Mirroring

Activities:

- Housekeeping reminder.
- Polyvagal Theory applied to humans and equines.
- Discussion on equine behavior and emotions.
- Guided nature meditation with horses.
- Enquiry and reflection on the meditation.

Session 3: Tricky Situations

Activities:

- Housekeeping reminder.
- Practice reacting to difficult situations, comparison with equine responses.
- Mindfulness Meditation for compassion in mild difficulty.
- Enquiry into the meditation experience.

Session 4: Horse Care as Self-Care and Compassion

Activities:

- Compassionate grooming session.
- Learning empathy and compassion from horses.
- Consolidation of 4 weeks learning.
- Mindfulness Meditation to share Compassion with equine companions.
- Enquiry and reflections.

Additional Activities

- Sharing Equine Assisted Mindfulness and Meditation experiences.
- Group meditation and discussions in natural settings.
- Small group activities and breakout rooms.
- Use of slides and visual aids for theoretical concepts.

Assessments

- Questionnaires and Scales: MAAS, Five-Facet Mindfulness Questionnaire.
- Formative and Summative Assessments: Regular feedback and formal assessments like case study.



www.letsflomindfully.co.uk
enquiries@letsflomindfully.co.uk

