

Mindfulness and Healing with Horses

co-facilitated by Jan de Ville and Jean-Jacques Joris, MA, JD



This workshop is a unique opportunity to explore connecting with horses. With mindfulness practice and Facilitated Equine Experiential Learning (FEEL), the horses have an advanced ability to communicate and can take you straight to the heart of the matter. They are masters at guiding you to overcome blocks and limiting patterns of behavior to regain balance in your life. Experiential education is learning by doing with reflection. Horses help us by being active participants in learning situations. Come and be with the horses in a fun, unique experience.

No equestrian experience needed - space is limited



JAN DE VILLE a Certified FEEL (Facilitated Equine Experiential Learning) facilitator. She brings to this work her 20 + years experience as a non-denominational minister.

Jan is also a Reiki II practitioner, and has a certification from CDR (Colorado Dispute Resolution). Jan has been a teacher and healer in the Boulder/Denver area since 1996. Jan's intention is to be of service and to always work for the highest good of all. Her background as a minister and her extensive horse experience, as well as 13 years work in a not-for-profit organization in the precious metals industry provides a unique balance, allowing a safe space for clients to transform while connecting more deeply with self and others.



JEAN-JACQUES JORIS, MA, JD

is a psychotherapist in private practice offering mindfulness-based coaching and counseling with (and without) horses. A former diplomat, Jean-Jacques has lived and worked in several conflict zones around the world. He is passionate about inter-species communication and Positive Psychology. In 2009, with his wife Isabelle, Jean-Jacques founded Twin Oaks, where he has been conducting workshops, retreats, and offering psychotherapy for individuals, couples, and families.

The heart of the program is a four-hour learning experiential with the horses as co-facilitators. This workshop brings you together with horses in a fun and unique experience. All of the specially designed exercises are done on the ground and can empower you to make changes in your life.

WHEN: Sunday, September 29, 2013, 9:00 am to 1:00 pm.

WHERE: Twin Oaks Farm, 5629 Prospect Road, Longmont

TUITION: \$75.00

CONTACT: Jan de Ville - 303-440-8686
janheartlight@msn.com

