



If you are unable to find
the truth right where you are,
where else do you expect to find it?

Dogen

All Heart, No Words: Meditation with Horses

Join us for a unique, half-day retreat of equine-facilitated mindfulness practice in the quiet and beautiful setting of a historical farm near Boulder. Learn and apply mindfulness skills in a non verbal, yet highly relational context, as horses guide you on a surprising, eye-opening path.

No equestrian experience needed

JEAN-JACQUES JORIS, MA, JD, LPC is a life-coach and counselor, a certified mindfulness instructor, and a Naropa University adjunct faculty. Jean-Jacques and his wife Isabelle founded Twin Oaks Farm in 2009, where they offer equine-facilitated counseling, coaching, and insight work.

WHERE:

Twin Oaks Farm, 5629 Prospect Rd,
Longmont, CO 80503

WHEN:

Saturday, June 7, 2014, 9:30 am to 1:00 pm

COST:

\$75. Space is limited.

TO REGISTER:

Email to info@twinoaksfarm.com or leave a message at 303-772-7445. You are registered when we receive your check (registration occurs on a first-come, first-served basis).

BRING:

Layered clothing, covered shoes, sunscreen, hat, journal water bottle.

