

Relieve depression and anxiety with mindfulness meditation and horses.



If you answer YES to some of these questions, then this may be the right program for you:

- Do you notice your mood going sour over slight challenges in your life?
- Do you struggle with low self-esteem and hopelessness?
- Has anxiety interfered with relationships, work, sleep, or enjoying life?
- Are you interested in getting emotional support from others?
- Could you commit to regular meditation if there was a good chance that it would help your overall mood?



PETER WILLIAMS, MA, MS is a psychotherapist and meditation teacher. He has taught meditation since 2003. He specializes in transpersonal psychotherapy, trauma resolution, and fostering emotional wellness.

This program is a unique and powerful opportunity to combine mindfulness skills and equine-facilitated psychotherapy to help prevent depression and anxiety, while cultivating overall emotional wellness. The heart of the program is a weekend intensive that will teach simple and effective tools to cultivate emotional balance and increase the heart's capacity for well-being. There will also be follow-up meetings with individualized meditation instruction and group support. The program is taught by two experienced clinicians and meditation instructors.

No equestrian experience needed - space is limited



JEAN-JACQUES JORIS, MA, JD practices mindfulness-based psychotherapy 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.

WHEN:

Weekend: October 13 - 14, 9 - 5 pm.

Follow-up group meetings:

Wed. Oct. 24, 7 - 9 pm;

Wed. Dec. 12, 7 - 9 pm.

Two individual meditation instruction meetings, to be scheduled later

WHERE:

Twin Oaks Farm, 5629 Prospect Road, Longmont

TUITION:

Sliding scale, \$300 - \$400

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