



a day of mindfulness *with horses*

Attune heart, mind, and body in the company of horses



Join us for a unique, one-day equine-facilitated mindfulness retreat in the quiet and beautiful setting of a historic farm near Boulder. Apply mindfulness skills in a relational context as horses guide you on a surprising, eye-opening path.

No riding involved and no equestrian experience needed.

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

TIME: May 5, 2012, 9 am to 5 pm

COST: \$25 early registration; \$35 postmarked after April 20th.
Teachers will be supported by generosity (dana).
Scholarship available. Space limited to 20 participants.

TO REGISTER: Send an email to info@TwinOaksFarm.com or
call 303-772-7445.

BRING: Layered clothing, covered shoes, sunscreen, hats,
raingear, journals, water bottles, bag lunch.



PETER WILLIAMS, MS, MA, is a psychotherapist and dharma leader. He has practiced meditation for many years in the Theravada and Tibetan Buddhist traditions and has taught meditation since 2003. Peter is certified as a Community Dharma Leader by Jack Kornfield's Spirit Rock Meditation Center. In an earlier life, Peter was a wildlife biologist and environmental educator for many years. Peter leads the Thursday insight meditation group in Boulder and teaches retreats in Colorado and New Mexico.



JEAN-JACQUES JORIS, MA, JD, is a practitioner of equine-facilitated psychotherapy and meditation. A Naropa University graduate, mindfulness instructor, and multi-lingual professional, Jean-Jacques has been working with trauma survivors in the Denver area, as well as in several conflict zones around the world. A former diplomat, he is passionate about communication across cultural and inter-species boundaries.



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OAKS
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