



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:** October 1, 2011, 9 am to 5 pm
- COST:** \$25 early registration; \$35 postmarked after September 17th. 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, is a psychotherapist and dharma leader. He has practiced meditation for many years in the Theravada and Tibetan Buddhist traditions and has taught meditation for eight years. 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.

