



learn and practice **mindfulness with horses**



Feeling out of sync? Missing out on life?

Join us for a unique, one-day equine-facilitated mindfulness retreat in the quiet and beautiful settings of a historic farm near Boulder. Learn new mindfulness skills for your everyday life as horses guide you on a surprising, eye-opening path.

No equestrian experience needed.



- PLACE: Twin Oaks Farm, 5629 Prospect Rd, Longmont, CO 80503
TIME: September 11, 2010, 9:15 am to 5 pm
COST: \$120; early registration (before September 1st): \$90.
12 participants max.
CONTACT: info@TwinOaksFarm.com or 303-775-7898.
BRING: Layered clothing, covered shoes, sunscreen, hats, journals, water bottles, lunch bags (beverages and snacks provided).



ERIN TANNER JOSPE, MA, LPC, is a licensed professional counselor and has been in the field of psychology and stress reduction since 1998. She has been teaching yoga and has been a body worker for over a decade in both Los Angeles and Boulder. She has received an MA in Movement Education/Dance Therapy from UCLA and Counseling Psychology from Naropa University. Currently, she has a private practice specializing in Play Therapy for Children ages 3-11, Somatic and Equine-Assisted Psychotherapy, and supervises interns in Play Therapy. She also facilitates Mindfulness-Based Stress Reduction classes in the Boulder/Denver area.



JEAN-JACQUES JORIS, JD, MA, is a practitioner of equine-facilitated psychotherapy and mindfulness. A Naropa University graduate 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. His passion includes inter-species communication and affect regulation, as well as the exploration and integration of existential questions into one's life.

