

# 1-DAY EQUINE THERAPY CLINIC WITH TIM HAYES

Natural Horsemanship Clinician & Author of *RIDING HOME*– *The Power of Horses to Heal*

**FRIDAY, NOVEMBER 5, 2021 – 10AM TO 4PM**

**BENEFIT FUNDRAISER FOR COTTONWOOD EQUINE COACHING**

<https://www.facebook.com/cottonwoodequinecoaching> Under Events

*Excellent for All Equine Therapy Providers, EAL, EAP, EFP, EAT, Instructors, Support and Administrative Staff, Social Service Workers, Parents and Mental Health Professionals Working with PTSD, Violent, Sexual, Divorce and Childhood Traumas, Addiction, Autism, At Risk Youth, War Veterans and anyone interested in Horses, Humans & Healing*

**Groundwork Only – No Riding - Horses provided by Cottonwood Equine coaching**

**\$250 PER PARTICIPANT – 12 Participants – Maximum - AUDITING \$25 - per person**

**COVERED ARENA – RAIN OR SHINE**

**Cottonwood Equine Coaching**

**11 CC Ln**

**Joliet, MT 59041**

**TO REGISTER - FOR INFORMATION - FOR DIRECTIONS**

**CONTACT: Abby Moreland – 307-751-1796 – or email: [abby@thecottonwood.org](mailto:abby@thecottonwood.org)**

## CLINIC PROGRAM

1. **BODY LANGUAGE** - How Horses Read Humans – How Humans Read Horses
2. **EMOTIONS** - Experience the Horse with you as the Client or Patient
3. **ATTITUDES** – Anger, Assertiveness, Frustration, Shame, Patience, Fear
4. **BREAKTHROUGHS** – Self-Awareness, Self-Acceptance, Emotional Wounds
5. **HUMAN COPING SKILLS** – True Self vs. False Self, Ineffective Tools from Childhood
6. **EQUINE COPING SKILLS** – Hyper-Vigilance, Herd Dynamics
7. **GROUNDWORK EXERCISES** - That Establish Love, Trust and Respect.
8. **THE 4 REASONS A HORSE SAYS NO**
9. **GENTLENESS vs. FIRMNESS** – Which One, How Much and When
10. **KNOW YOUR HORSES STATE OF MIND** – Develop More Compassion

[www.hayesisforhorses.com](http://www.hayesisforhorses.com)

[www.ridinghome.com](http://www.ridinghome.com)

