



TRUST WITH ANIMALS

MINDFULNESS WITH ANIMALS - **WORKSHOPS** 2023

Saturday, April 15th - **Workshop** - Cooks Creek Equestrian Center – Cooks Creek, MB (horses)

Saturday, April 29th – **Workshop** - Patricia Miller farm – Ryerson, SK (horses)

Sunday, May 7th – **Workshop** - Coyote Run Stables – Birdshill, MB (horses)

Saturday, June 17 – **Workshop** - Pillar Stables, Qualicum Beach, Vancouver Island, BC (horses)

Sunday, July 9th – **Workshop** – The Barefoot Ranch – Rescue and Sanctuary, Teulon, MB (horses)

Schedule – all workshops - 9:00 am – 4:00 pm

Morning will be theory and breakout lessons. Afternoon is observation practice with animals. Each farm provides the animals to work with. You are not expected to bring your own animal. It's best to learn with animals living at the farm to avoid working with stressed animals. Bring your own lunch. Snacks, beverages provided.

PRE-REQUISITE TO REGISTER FOR ANY OF THE ABOVE WORKSHOPS

Students who have taken a Trust Technique Consultation with me or another certified Trust Technique Practitioner, and/or are on the Trust Technique full video course prior to the workshop to be considered pre-qualified to register.

The Trust Technique Method is one of the core teachings of my **Mindfulness with Animals**. **I don't teach the application of the method during my workshops**. It is taught privately in all situations.

For attendees not pre-qualified:

Part 1 – Prior to the workshop you are registering for - You will need to take the on-line theory portion – 1 hr session on zoom. You may use a house pet for your demo animal.

Part 2 – I will visit you at your home, farm, or boarding facility to live coach you with your animal. Session – 45 min. This can be scheduled prior to or after workshop.

The workshops then advance your skills, so you become more successful in your practice of the method. **Consultation price is \$100.00.** Book a minimum of 1 week before the workshop to allow time for you to practice prior to the workshop.



WATCH THIS FREE VIDEO LESSON TO INTRODUCE YOU TO THE TRUST TECHNIQUE

<http://www.trust-technique/product/messages-of-trust/tt/102>

Mindfulness With Animals Workshop – Outline

This workshop aims to advance your skills in mindfulness, awareness and knowledge which will prepare you for greater success in developing a deeper connection on all levels with your animal(s).

Morning - theory & classroom practice

Afternoon - group meditation with the animals and practicing observation skills.

1. **Welcome, Mindfulness With Animals introduction.**
2. **What is this special connection with animals we are about to learn?** The science, and spiritual aspects of a deeper connection with animals.
3. **Learn how to become the peaceful, confident, and trusted companion** your animal needs. You will learn how stress; anxiety and your busy mind get in the way of clear communication with animals. You will receive personal and group lessons and support to help you reduce your overthinking. This will help you open the channel to deeper connection with your animal(s).
4. **Next, you will discover new ways to improve your awareness and focus skills**, such as: heart math practice and visualization.
5. **We then do breakout discussions and simulation exercises on helping animals solve behavior problems.** An animal that feels your patience, peace, love, and trust can progressively resolve behavior issues. They then can become more willing to cooperate and you will mutually enjoy shared activities with trust and confidence.
6. **We end our workshop by sharing space** with the animals in a group meditation, followed by discussing observations and final thoughts about your day's experiences.

In summary, this workshop hopes to better prepare you to connect with your animal, help solve problems, and build cooperation. I want you to feel competent, comfortable, and well educated in mindfulness with animals. There is great co-species healing ahead for you. It takes love, time, patience, and persistence...and the greatest of these...always remember... is love.

I'm looking forward to helping you on this deeper path into the mind, heart and spirit of your companion animals, and any of nature's creatures you encounter on this planet. Barb Vince

Trust With Animals – www.trustwithanimals.ca

Trust Technique Practitioner, Relationship with Animals Life Coach

barbandspirit@gmail.com 1-204-841-3991

“You shall be in good relationship with each other and with all things in the great circle of life.” - Brooke Medicine Eagle