

Equine Assisted Mindfulness

Mindfulness means paying attention to what is happening right now, in this moment, rather than dwelling on past events or anticipating something that may or may not take place in the future. It is nonjudgmental awareness of your present experience.



For most of us, mindfulness does not come naturally. Yet, it is a skill we can learn. Mindfulness techniques help us discern what our bodies and minds most need in the present, providing us insight to better care for ourselves.

Horses, due to their unique animal nature, can be mirrors for our inner selves. Acting as breathing, thinking, living, biofeedback interpreters, horses allow for a truthful, non-judgmental reflection of how we feel in the moment. Through their awareness of subtle body language, heightened instinctual senses, and focus on the present, horses are excellent teachers of mindfulness, spirituality and self-care.

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Our Bands

For more information about the Wesleyan Contemplative Order, please contact Ann Starrette at 704-488-5825 or astarrette@davidsonumc.org.

To visit one of our current bands, please call one of the contacts listed below.

Avila Band

MEETING PLACE: Davidson UMC, Purcell Room

MEETING TIME: Monthly, first Thursday
10:00-11:30 a.m.

CONTACT: Lisa Marion, 704-987-0775

Julian Band

MEETING PLACE: Member homes, Matthews, NC

MEETING TIME: Monthly, first Monday, 7:00-9:00 p.m.

CONTACT: Teri Strom, 704-575-0769

Magdalene Band

MEETING PLACE: Davidson UMC, Congregational Care House, 262 South Street, Davidson, NC

MEETING TIME: Bi-monthly, first and third Fridays,
10:00-11:30 a.m.

CONTACT: Kathy Davis, 704-202-0624

St. Ignatius Band

MEETING PLACE: Davidson UMC, Room 211

MEETING TIME: Weekly, Fridays, 9:45-11:00 a.m.

CONTACT: Carol Prescott, prescottnc@yahoo.com,
704-896-0844

Sophia Band

MEETING PLACE: Davidson UMC, Room 220

MEETING TIME: Monthly, second Wednesday,
6:30-8:00 p.m.

CONTACT: Tom Peckham, tompnc@gmail.com,
704-807-1071

Wesleyan Contemplative Order is a ministry of

DAVIDSON
UNITED
METHODIST
CHURCH

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DAVIDSON, NC 28036
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WESLEYAN CONTEMPLATIVE ORDER

Horses, Spirituality,
& Mindfulness

*Empowering Your
Authentic Self*

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Fall Retreat 2018

Saturday, October 13, 2018

wesleyancontemplativeorder.com

Event Overview

Saturday, October 13, 2018

- 9:00 AM Arrival, coffee and conversation
- 9:30 AM Welcome with Centering Prayer
- 10:00 AM The Relationship between Horses and Spirituality
- 12:15 PM Food, Faith, and Mindfulness
- 2:00 PM Small Band reflection
- 3:30 PM Closing Session
- 4:00 PM Departure

Location

We will gather at the home (and barn) of Lisa and Todd Marion.



122 Walnut Hill Court
Mooresville, NC 28115

828-234-8122

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When working with the animals, we ask that you wear closed toe shoes and if possible, no dangling jewelry.

Facilitators

FRIEDA BROWN, PH.D. has worked around horses for 25 years but only in the last three has she called them colleagues. She is a highly accomplished and experienced clinician who provides leadership for the clinical team at Triple Play Farm, consults regarding program development and also treats a limited number of clients at the farm. Her favorite part of her job at Triple Play is the collaborative approach to the healing process. She has seen the healing power of sessions at the farm and looks forward to continuing to learn about theory and technique related to nature-based interventions.



Cost

Vowed members of the WCO, individual Band members, and guests are welcome to attend the retreat. Space is limited to 24 participants, and the deadline to sign up is September 1, 2018.

To register, please email Lisa Marion at ourphalt@gmail.com, or call her at 828-234-8122.

Vowed members: FREE
Band members and guests: \$10

KRIS BATCHELOR has an undergraduate degree from the University of Virginia and is a PATH certified Therapeutic Riding Instructor and Equine Specialist in Mental Health and Learning. She became involved with animal-assisted interventions over fifteen years ago, beginning with therapy dog visitation and teaching therapeutic riding to adults with traumatic brain injuries. Discovering equine therapy as a mental health intervention compelled her to create Triple Play Farm in Davidson, NC in 2010. Motivated by the fact that what a horse offers in relationship can be healing in all areas of life, Kris now maintains a herd of seven horses and a PATH premier accredited facility offering equine-facilitated psychotherapy and learning.

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