



No Horsing Around Equine Meditation Session, July 13, 2024

While the Sergeants Major Association conference is in progress, the spouses will have a unique opportunity to experience a horse mediation session with American Equine Therapy. The session goes from 9:30am-11:00am. Afterwards attendees will have a pay your own lunch at the Rose Canyon Cantina and Grill nestled in one of Orange County's last unspoiled areas of Trabuco Canyon. Please bring close toed shoes, boots are preferred. Wear something comfortable and weather appropriate. The session begins with an introduction to horses, horse etiquette and mindfulness. You will be a part of a herd analysis (truly amazing to witness). By then you will be familiar with the rescue horses, and we can begin equine-guided mindfulness meditation.

Equine-guided mindfulness meditation is a type of meditation with a horse, or horses, as the focus. During equine-guided meditation, a person may interact with a horse, watch a horse, or simply be in the presence of a horse to enhance their meditation experience. As its core, horse meditation circles offer a form of energy and healing. The energy exchange between the horse and the participant encourages deep inner listening and opens many pathways of awareness, which can support both physical and emotional healing.

We will have enough room for 10 participants. The cost is discounted by 70% for the SMA conference spouses at \$65.00, the regular price is \$150.00. You can either mail a check to American Equine Therapy, P.O. Box 53942, Irvine CA 92619, or you can Zelle your payment to Lexie DeRouchey, Navy Federal Bank (949) 421-9400. If you are using Zelle, please be sure to send \$1.00 first, then confirm receipt of payment before you send the balance. Please make sure payment is received by Friday, July 5, 2024. We are a 501 (c) (3). 100% of all monies received will go back into the care and maintenance of the horses you be will share this amazing experience with. Event POC is CSM (Ret) Ron Cabrera at 310-503-9284.

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