

Coming to Our Senses



**Are you experiencing stress, anxiety or even fear when working with your horse?*

**Do you have less quality time for you and your horse?*

**Are you less patient or quick to anger?*

Be prepared to be amazed!

Increase your confidence and **STRENGTHEN** the connection with your horse!

In this interactive and hands on workshop, learn how to be grounded in the present through mindfulness, sensory awareness, posture and breathing, and aromatherapy and how to translate these skills to human/equine interactions.

WHEN: Saturday, April 20, 2024
9:00 am to 12:00 pm

*****This workshop is NOT on horseback.*****

WHERE: Chino Valley Equestrian Park Office
2208 Equestrian Way, Chino Valley, AZ

FEE: \$65.00

****Pre-registration required at <https://www.cvequestrianpark.org/upcoming-clinics>**

For more information email: events@cvequestrianpark.org



About Maralyn Teare

Maralyn Teare, M.S. MFT and Clinical Instructor of Psychiatry, USC School of Medicine (ret.), has pioneered in the treatment of anxiety and stress disorders using aromatherapy, proper posture, breathing, imaging and self-talk which is so essential to our safety and well-being. Throughout her professional life, Maralyn has always found time for her love of horses and riding. She has integrated her pioneering research with her classical equestrian training and translated it to benefit equestrians and their horses.