

# - Evening Talk and 1-Day Workshop - Meet Your (TR) Horse in the Now



## The Talk - October 19th, 2018 from 4:30-6pm

To effectively connect with a horse, build a happy working relationship, and to understand unexpected behaviors, we must recognize that the horse, unlike humans, live “in the Now”. In this talk, Nicole shares how you can meet your horse in the now and connect in meaningful ways.

## The Workshop - October 20th, 2018 from 9am - 4:30pm

- :: Learn to approach each horse with a calm and present mind in the now to build rapport and improve your communication.
- :: Become a powerful ‘horse listener’ as you see the world through the horse’s eyes.
- :: Learn how to turn regular horse handling into **mindful** horse handling as you halter, groom, tack, mount, lead, and sidewalk your horses so they can have a long and happy career.

**This workshop provides lots of new insights ... and transforms and deepens your relationship with your (therapy) horse in an instant.**

**PATH instructors receive CE's: 1 (talk) + 6 (workshop).**

**Register at:**  
[info@ridingtothetop.org](mailto:info@ridingtothetop.org)  
PH: 207-892-2813 x10

**When:**  
Talk: 10/19/18 4:30-6pm  
Workshop:  
10/20/18 9am-4:30pm

**At:**  
Riding To The Top  
Windham, ME

**For:**  
Therapeutic Riding  
Instructors/Facilitators  
Barn Managers,  
Volunteers  
+ local horse community

**Fee:**  
Talk: \$25  
Workshop: \$75  
Space is limited  
Auditors: \$25  
**Bring Your Own Lunch**



Facilitated by  
**Nicole Birkholzer**, equine advocate, educator, author, creator of Mindful Connections® a new approach to horsemanship, where horses are honored as companions + partners.  
[mindful-connections.com](http://mindful-connections.com)