

“Turning Toward the Skid”:

July- October 2010

A Mindfulness-Based Workshop Series for Parents

This 4-month experiential program meets twice a month for two and half hours. It is designed to strengthen your connection and relationship to yourself, your family and children. We will focus on mindfulness practices, communication, how to create effective rules and consequences, and hold boundaries with love and connection. Through mindfulness meditation and other therapeutic skills you will learn about yourself and how to change patterns and habits that cause strain on you, your relationships and your family. This training is rooted in the evidence and research found in practices of psychotherapy, coaching, mindfulness-based stress reduction, experiential education and neuroscience. In addition to our regular evening gatherings, we will meet for two, day-long experiential intensives. One day will involve the use of horses and the other the use of nature. Both horses and nature, when facilitated in a therapeutic way, are powerful doorways to self-discovery and change. The results from this training will be more than just a positive effect on your parenting, it will nurture many other aspects of your life.

Ideal for:

- Parents whose children are in therapy
- Parents whose children are in the pre-teen and teenage stages of life
- Parents who are struggling to stay connected to their children
- Parents whose children are making bad decisions, pushing boundaries, and breaking rules
- Parents who are seeking more out of their own lives and need support in taking time for themselves.

Skills you will learn and practice:

- Mindfulness-based practices
- Stress reduction
- Communication
- Creating effective rules and consequences
- How to respond instead of react to difficult situations
- Navigating through change

Investment:

TIME:

- 2 Thursday Nights/Month, 6-8:30pm
 - 7/8, 7/22, 8/5, 8/26, 9/9, 9/23, 10/7, 10/21
- 2 Saturdays, 10am-2pm
 - 9/25, 10/16

COST (Pilot Group Discount):

- \$800/individual
- \$400 for spouse or partner
(A \$200 discount per person!!)

Location: Denver, CO



Offered by:

EARTH-BASED
I N S T I T U T E

For more information and to register, please contact:

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