

# ADVENTURES IN AWARENESS™

## AIA Journey Ride

May 7 - 9, 2010

EquuSatori Center

Sebastopol, CA

“THE PURPOSE OF ADVENTURES IN AWARENESS IS TO DEVELOP CONSCIOUSNESS WHILE EXPANDING AWARENESS.”

Horses facilitate an inward journey based on principles of Holotropic (moving into wholeness) consciousness to access non-ordinary states of awareness. Experience the gifts of feelings, information rich emotions, the influence of attention and intention, and the significance of energy principles to expand your awareness, enhance intimacy skills and grow in consciousness. You may expect increased confidence in your intuitive skill and experiential knowledge of multiple realities.



The AIA process connects mind body and heart in relationship with the energies of an equine. This AIA process engages the sacred while exercising the body, calming the mind, and nurturing the soul. Working with and riding horses may be experienced as “joyful mediation in motion.”

### FACILITATORS:

Barbara Rector, MA and Lisa Walters, Director of EquuSatori Center co-facilitate with the horse bridges to multiplicity of simultaneous realities. The participant is offered experiences of different perspectives - shifts in consciousness. AIA Resource Clinician, Lizbeth Hamlin MA, LMFT provides qualifying CEU's upon request with registration. \$15 additional.

ADVENTURES IN AWARENESS™

Barbara K. Rector, Director

[www.adventuresinawareness.net](http://www.adventuresinawareness.net)

There are many different ways to journey. In some of the shamanic traditions participants use plant substance to induce certain expanded states of awareness. Another type of journey might be to go on a physical journey, such as hiking into sacred places or going on a ‘walk about’. In the physical type of journey it is the places themselves that influence the psyche of participants. What these different types of journeys have in common is that they are attempting to induce a shift of conscious awareness allowing the participant direct experience of different realities.

During AIA Journey Ride we submerge ourselves in the energetic field of horses while working as a team (horse advocate, side walkers, coach) to safely support the mounted participant riding inward - exploring the world behind the eyes - on the movement that the volunteer (mutually chosen) horse produces.



### TO REGISTER:

#### A. Print an application online

<http://www.adventuresinawareness.net/forms/journeyride.htm>

Please send completed application and \$650 deposit check made out to “AIA” to Barbara K. Rector, 9852 E. Skyview Drive, Tucson, AZ 85748.

#### B. Register and pay online

<http://www.adventuresinawareness.net/registration/journeyride.htm>

Choose “AIA Journey Ride” and follow the steps to register and pay deposit of \$650 online.

*Deposits are non-refundable and do apply to future workshops.*

#### Journey Ride Price: \$1050

Tuition fee includes dinner Friday evening, lunch on Saturday, Sunday. Lodging and additional meals not included. This workshop is intentionally kept small. It is important to book early.

**CEU's \$15 additional:** 18 hours CEU's for MFT and LCSW (California only) provider # 2738

#### Lodging suggestions:

- **Holiday Inn Express:** (7 minutes away) [www.hiexpress.com/sebastopol](http://www.hiexpress.com/sebastopol) (15% discount booked online as participant at EquuSatori Center Corporate ID # 10020652 non-refundable) or 707.829.6677 14% discount. Includes continental breakfast.

- **Vine Hill Inn B & B:** (5 minutes away). Each room has queen size bed and its own bath. Price includes full breakfast. [www.vine-hill-inn.com](http://www.vine-hill-inn.com) or 707.823.8832.

- **Sebastopol Inn:** [www.sebastopolinn.com](http://www.sebastopolinn.com) 707.829.2500.

#### Travel:

Flights to Oakland with shuttle to Santa Rosa every two hours (even) for ninety minute trip. Call 707.837.8700. Taxi or car rental Enterprise [www.enterprise.com](http://www.enterprise.com) is several blocks from the shuttle drop @ Day's Inn Santa Rosa Avenue.