



# **Guided by a Horse Workbook Series: Book One, What Horses Can Teach Us About Mindfulness (Volume 1)**

*Stephanie Sawtelle*

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# Guided by a Horse Workbook Series: Book One, What Horses Can Teach Us About Mindfulness (Volume 1)

*Stephanie Sawtelle*

## **Guided by a Horse Workbook Series: Book One, What Horses Can Teach Us About Mindfulness (Volume 1) Stephanie Sawtelle**

This workbook will help you discover new perspectives available by seeing horses as teachers, and encourage you to incorporate those discoveries back into your relationships with your horse, yourself, your loved ones, and community. The benefits of learning and practicing mindfulness in the presence of horses, that can apply to both the time spent with your horse and in all other aspects of your life, include: \* Increasing your potential to experience joy, flow, and harmony. \* Having a clear awareness of, and influence over, what's happening in the moment. \* "Showing up" as authentically as possible in every situation. \* Being untroubled by extraneous thoughts or concerns. \* Having closer relationships and better communication. This workbook combines informative text, stories, inspirational quotes and pictures, guided exercises, and journal prompts to help you integrate the lessons on many levels.

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