

WHY REINS?

When we combine the attentive presence with another being, the relationship that comes from that is deeper in healing. In the REINS program we have tools to be present so the equines can connect with us on a deeper level. As we connect with the equines we are learning a way of connecting with others in day to day life. Learning these tools allows us to be present when we are engaging in relationships and connecting with others.

HOW?

Participants include humans coping with life stresses, Covid-19 frustrations, work- anxiety-fear and isolation, and uncertainty. Learn how to slow down, take a breath and be in the presence of healing with equines and the REINS process with a safe and like minded community.

WHAT?

The program is held in a safe community with like minded people to engage in learning the REINS practice and then through equine activities we practice these skills. The power of this is the equines respond in the moment to how effective our practice is. Giving us non-judgemental feedback in the moment and truly seeing how the practice works and how we are feeling seen, as well as the equines.

"When we're awake in our bodies and senses, the world comes alive. Wisdom, creativity, and love are discovered as we relax and awaken through our bodies." -- Tara Brach

The REINS Method

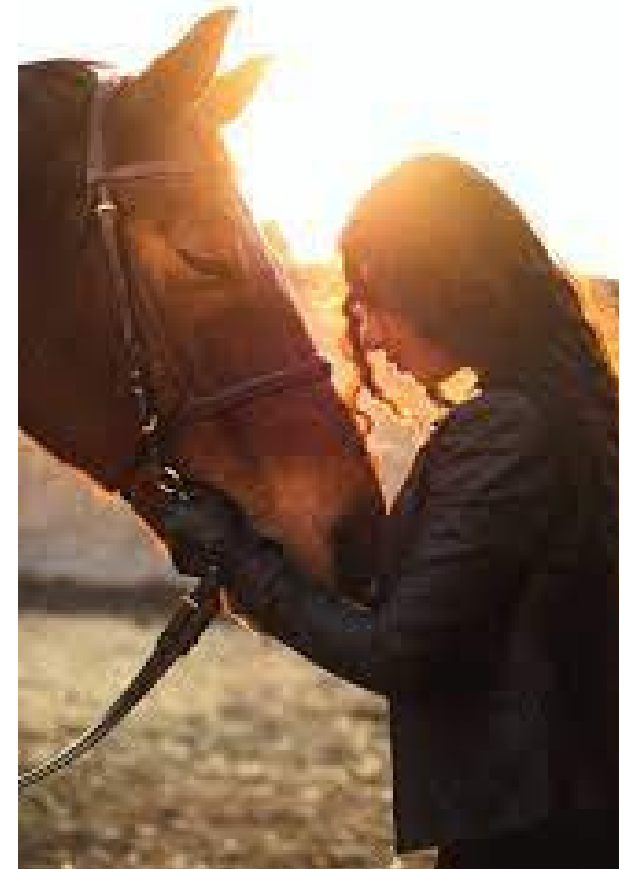
The R of REINS: Recognizing is about noticing whatever is predominant in your present experience, whatever emotions, or feelings you're most aware of as it is happening.

The E of REINS: Experiencing is about allowing the experience to be there, just as it is. The willingness to pause and stay present with the life that is here, just as it is.

The I of REINS: Investigating is about inquiring into the felt sense of our experience with interest and care rather than engaging in a cognitive or analytic process.

The N of REINS: Nurturing is about staying connected with the vulnerable experience inside and asking and listening from a compassionate presence. What does this part most need (from me or from some larger *source of love and wisdom*)?

The S of REINS: Shift or the next Step is about paying attention to the quality of your presence and ask yourself: what is the next best Step? What needs or wants to Shift right now?



REINS

HUMANS & HORSES HELPING
EACH OTHER

TAKE THE REINS, EMPOWER
YOURSELF TO TAKE ON LIFE
CHALLENGES WITH EASE AND GRACE

reinsatsaddleview.com

REINS is a safe space for humans to find hope, and the courage to move deeper into and through their own therapeutic goals and healing.

Through nature and equine experiences, you will have the opportunity to practice the power of the REINS method and apply it in the relationships and connections with the members of the herd. This method will open the space to be with the present moment, in a new and nurturing way, a skill that can be practiced anywhere in our challenging lives. The fruit of REINS is realizing that you are no longer trapped in the trance of unworthiness, or in any limited sense of self.

Give yourself the gift of becoming familiar with the truth and natural freedom of your authentic being. It is mysterious and precious! Together we will discover tools to cope with the stress of this pandemic and of daily life.

Through equine, ranch, and outdoor activities, we foster physical and mental well-being to increase self-awareness, self-love, and emotional intelligence.

REINS Programs

EMPOWERING WOMEN & GIRLS

At REINS, we focus on empowering women & girls through Equine-assisted activities and therapies (EAAT), and Equine-assisted learning, (EAL) with personal development in a private, expansive, and healing environment where she can feel physically, emotionally, and mentally safe. Especially in today's tumultuous global environment.

Our programs are led by licensed therapists and credential equine professionals, with predetermined dates. Programs range from 1-hour sessions to over the course of 6 weeks, intensive private & group day-long sessions, to weekend retreats for women. We focus on equine connection in our sessions as they, too, are rehabilitating. Our ladies also engage in a variety of ranch & wellness activities for a holistic approach to rehabilitation. No horse experience required.

REINS programs focus on self-love, inner-peace, and confidence to take on life challenges with ease and grace.

If you are interested and would like more information regarding programming and workshop's contact your Peace House Advocate

REINS at Saddleview Ranch

REINS at Saddleview Ranch is a private residence. To ensure and create a space for healing, we require the following:

- All visitors and clients must sign a liability release.
- All visitors and clients need an appointment to attend a workshop, programming and/or ranch premises.
- No smoking on premises
- No outside pets allowed.
- All visitors and clients must wear sturdy closed toe boots or shoes, and dress appropriately for weather conditions.
- All visitors and clients must check in with program director prior to interacting with any animals at the ranch.
- A positive attitude, calm demeanor, patience and an open mind.

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