

# 2023 EquuSatori Equine Assisted Learning Program

## Experience Horses to Enrich and Empower the Human Spirit

The **EquuSatori Equine Assisted Learning Program** is designed for healthcare professionals, nurses, and caregivers to **empower leadership, communication, and effective action** through the development of subtle awareness and intentional practice skills.

Scientifically proven **HeartMath™ protocols** help develop skills that build personal resilience at work and at home. **Caring Science® concepts** foster understanding of how to be a more effective influence in creating a healing environment. The **Theory U model** also introduced is an empowering process for problem solving and fostering creativity.

Applied in any setting, the combination of these processes and experiential learning with horses sets the stage for heartfelt connection, empowered action, harmonious outcomes, and expanded leadership skills.

Some of the questions we explore...

- What does Heart-Centered mean?
- What is the electromagnetic heart field?
- What do Presence and Coherence feel like inside oneself?
- What is the role of coherence and VLF's (very low frequencies in heart rate variability) for health and healing process?
- What is the impact that each of us has in the collective energetic heart-field?
- How does coherence within us impact the healing environment?


There are two components to this wonderful workshop. The first day is a 3-hour virtual experience online (please ensure cameras are on). The second day is an in-person experience at the Ranch with the horses (no riding of horses). Participants must attend both session dates. Register utilizing the QR Code →

Session Dates	City	Location
May 21-22	Santa Rosa	<a href="#">Pony Express</a>
June 1-2	Pescadero	<a href="#">TomKat Ranch</a>
June 4-5	Santa Rosa	Pony Express
July 20-21	Pescadero	TomKat Ranch
July 23-24	Mill Valley	<a href="#">Muir Beach</a>
August 10-11	Pescadero	TomKat Ranch
August 13-14	Mill Valley	Muir Beach
September 14-15	Pescadero	TomKat Ranch

EquuSatori Equine Assisted Learning Registration Form



Kaiser Foundation Health Plan, Patient Care Services is an approved provider by the California Board of Registered Nursing. Provider # CEP 2365. Each session has been approved for 9.25 CEU Contact Hours. CEs collected through HealthStream.



"This experience deepened my understanding of how much our energy influences what is going on around us. I was also impacted by the power of invitation vs demand - having clear communication and visioning from the heart." Linda

For more information, please contact:  
[kpnursescholars@kp.org](mailto:kpnursescholars@kp.org)