

**Mindfulness in Everyday Life:  
16 Guidelines Equine Assisted Learning to Develop Compassion and Wisdom**

The 16G are a set of guidelines being used around the world to bring mindfulness into everyday life. They have been taught to school children, hospital staff, people working in the not-for-profit sector, health, mental health, university settings and in the corporate world. They are a tool to help create a culture of kindness, wisdom and compassion from families to professionals.

This series of workshops is for anyone who is looking for a framework for change and the experiential setting to help shift the way you think, act, relate and create meaning.



<p><b><i>How we think</i></b>  <i>Humility</i>  <i>Patience</i>  <i>Contentment</i>  <i>Delight</i></p>	<p><b><i>How we act</i></b>  <i>Kindness</i>  <i>Honesty</i>  <i>Generosity</i>  <i>Right speech</i></p>
<p><b><i>How we relate</i></b>  <i>Respect</i>  <i>Forgiveness</i>  <i>Gratitude</i>  <i>Loyalty</i></p>	<p><b><i>How we find meaning</i></b>  <i>Aspiration</i>  <i>Principles</i>  <i>Service</i>  <i>Courage</i></p>

**Through equine-assisted learning and experiential activities, participants will learn ‘How to Relate’ with compassion and wisdom, as well as ‘How to Create a Meaningful Life.’ By the end of each workshop participants will have the tools and understanding to begin to reclaim those aspects of inner life that shape happiness through wisdom and compassion.**

**Date:** Saturday June 3<sup>rd</sup> 9am-4pm

**How we relate: Realizing connection and creating the relationships you want.**

**Guidelines:** Respect, Forgiveness, Gratitude, Loyalty

**Date:** Sunday June 4<sup>th</sup> 9am-4pm.

**How we find meaning: Embracing change and the possibility of creating a meaningful life.**

**Guidelines:** Aspiration, Principles, Service, Courage

**Fees:** Price per session- \$185.00 +HST [includes price of 16 Guidelines book and cards].

Price per session without book and cards - \$150.00 +HST.

Price for both sessions: \$250.00 + HST [book/cards extra]

Fees include materials, refreshments and snacks. Please bring your own lunch.

**Location:** Sierra Acres Equine Assisted Learning Centre  
[Rockwood, Ontario](#)

**Facilitators:** Valerie Spironello MSW, RSW & Anne Porteous, MScN, EPC.

Register for one or both workshops, please visit:

[www.sierracres.ca](http://www.sierracres.ca)

Learn more about the 16 Guidelines: [www.16guidelines.org](http://www.16guidelines.org)

