



the school
wellness project

Mindfulness
With Horses

Mindfulness with Horses

Awareness, Connection, Courage, and Joy

Who We Are

The Mindfulness with Horses school experience is a powerful program to support student, educator and family well-being and mental health.

This program is a new offering of the School Wellness Project, which was founded in NYC in 2006 by educator, author and equine assisted learning facilitator Jennifer Harper. SWP was one of the first organizations in the country to offer comprehensive mindfulness and yoga programming to schools, designed to be integrated into the classroom with the goals of improving learning readiness and supporting social emotional skill building. The addition of equine assisted learning offers an immersive, nature based experience that can stand alone, or be built upon with classroom conversations.

Our programming is trauma informed, and rooted in the belief that building inner resources happens in the context of safe, healthy relationships. Improving the wellbeing of the entire school community creates improved mental health and learning outcomes.

What To Expect

Our Equine Assisted Learning (EAL) programming supports the strengthening of awareness and connection to self and others. By interacting with horses through the lens of mindfulness, in a carefully facilitated manner, participants learn a tremendous amount themselves, and about interacting with others in a healthy and mutually beneficial manner.

In the tranquil beauty of the Hudson Valley, participants will experience a unique opportunity to interact with a wide variety of horses, miniature horses, donkeys, mules and other animals. The peaceful, sensory rich environment, along with the mindfulness based interactions with animals, offers a powerful experience that participants carry into their daily lives.

Contact Information

Jennifer Cohen Harper
jenn@mindfulnesswithhorses.com
917.385.2005
www.mindfulnesswithhorses.com



Core Capabilities

The School Wellness Project's Mindfulness with Horses Experience offers the following programming, customized to participants:

- Mindfulness with Horses Field Trips for Students
- Mindfulness with Horses Family Engagement Programming
- Equine Assisted Mindfulness for Educators Retreats
- Equine Assisted Leadership Training for Education Professionals

13 Hands Equine Rescue

We are fortunate to have a home base at 13 Hands Equine Rescue in Dutchess County NY. This 120 acre farm is a stunning sanctuary that provides care and comfort to over 200 animals.

13 Hands Equine Rescue
50 Tuscan Way
Clinton Corners NY

Certification and Vendor ID

Mindfulness with Horses is a certified MWBE in both NYC and NY State, as well as a NYC DOE vendor. Lead facilitator Jennifer Harper is a certified and insured trauma focused equine assisted learning professional.

MWBE NYC - MWCERT2018-693
MWBE NYS - 62681
NYC DOE Vendor ID - LIT79777



Mindfulness with Horses Field Trips for Students

Join us on the farm for a 3-5 hour customized experience, tailored to the needs of your students. This will be a powerful and playful day of learning mindfulness, supported by the horses and the natural beauty of the Hudson Valley. These visits are available for full classes to support overall well-being, and we are available to work directly with school mental health staff to customize smaller programs for students with particular challenges or needs.

Visits are scheduled for one class at a time, with a maximum of 25 students. Chaperones are required. Contact us to determine the most appropriate number of chaperones for your group.



Mindfulness with Horses Family Engagement Retreat

This very special retreat offers an opportunity for students to attend with a caregiver or extended family member for a healing and relationship building experience. The focus will be on activities that support healthy relationship dynamics, and allow children and adults to experience joy together while releasing stress and building trust.

This full day experience is limited to 10 adult-child pairs. Typically scheduled on a weekend day from 10am - 4pm, but schedule can be varied based on need.



Equine Assisted Mindfulness for Educators Retreat

This retreat is an invitation for educators to release stress, rest, and reset, as well as practice mindfulness based relationship skills that will support them in their work with students and families. During Mindfulness with Horses retreats, educators settle in to the rhythm of the natural world and their own inner wisdom, cultivate compassion for themselves and others, and find renewed connection with their creativity and joy.

Customized retreats from 1-3 day are available for groups of 6-18 participants. All horse interaction is from the ground and tailored to the needs and comfort of the participants.



Equine Assisted Leadership Program for Education Professionals

Leadership skills are essential for education professionals, as they navigate relationships with children, families, and staff. Horses have much to teach us about powerful leadership that invites collaboration and respects the capacity of every individual. As we work with the horses we'll build self-awareness, cultivate our capacity to attune to others, explore non-verbal communication skills, and increase our ability to help others feel safe, seen and supported by our presence.

Customized programs from 1-3 day are available for groups of 4-12 participants. All horse interaction is from the ground and tailored to the needs and comfort of the participants.