

Module 1 Homework

Requirements To Progress Through Module 1

After you attend Module 1, this homework must be completed before you take Module 2. Use this checklist to help you stay on track. Please reach out if you'd like support!

- Do 20 sessions with 7-10 different horses** & fill out an intake form for each horse

The form is in the student workbook you received during class. Make notes to document the changes you find during and after the sessions. Bring all of your completed session notes forms to Module 2 class.

- Find a local SI practitioner** and **begin receiving a SI series on yourself**

Visit with your SI practitioner three (or more) times before you attend Module 2. This provides you with a direct experience of SI work.

Complete your series by the end of Module 3.

See page 3 below for how to find an SI practitioner near you.

Take a few moments to reflect on your experience receiving SI:

What you have learned about your own body and being from your SI series so far?

Be prepared to share your initial impressions & reflections at your Module 2 class.

- Read 3-4 books on the Reading List.**

Please choose books on topics unfamiliar to you, so you broaden your understanding of horses. Our expectation is that by completion of Module 3, you will have read 10-12 books. Don't wait until Module 3 to start!

Keep a reading list along with a few notes on each book and what you learned (at least 1-2 sentences).

Want a worksheet to help track your reading? Please ask! Email office@equinenaturalmovement.com

□ Write your Module 1 term paper

To prepare for writing your term paper, you will need some hands-on experience with both giving and receiving sessions.

Please do the following first:

- Do practice sessions on at least three different horses
- Work on two or more horses more than once
- Complete intake forms for each session
- Receive at least one SI session on yourself (two is ideal)
- Read 2-3 books from the reading list

What we're looking for:

A 3 page paper that shares your reflection of your personal experience with Structural Integration and incorporates what you've learned in class and in readings.

What to include:

- What has the experience been like receiving structural integration? How has it made you feel in your body? What senses were engaged while you were receiving your session(s)?
- When you have engaged in structural integration on horses during your homework practice, what have you noticed? What were the horses responses, in their body and expressions? What about you - how did your body feel? What did you sense? What did you experience with your whole body and all your senses?

When submitting your term paper, please do the following:

Paper Title: Your name, M1 course date, and MODULE ONE.

Example: Sue Smith, Sept 2023, M1

File Name: Name M1

Example: SueSmith-M1.pdf

Please save as a pdf

Email your paper to biz@equinenaturalmovement.com as soon as you've completed it; at the latest you should submit it within 30 days before your Mod 2 course starts.

Complete your Module 1 Business homework

LESSON 1

- Gremlins - fear journal (15-20 sentences)
- Perfect Moment (Knowing + Being)
- Ideal Business (draft 1)
- Ideal Client (draft 1)

LESSON 2

- Ideal Business Rewrite Ideal Business Rewrite
- Ideal Client Rewrite
- 20 Labeled Fears (upon completion of 21 days)

LESSON 3

- Daily Time With Evocative Words + Good Thoughts—no need to turn in
- Article Outlines (two article reviews)
- Five Article Titles

Send all HOMEWORK to: biz@equinenaturalmovement.com

* *Send all homework as you complete it; aim to complete all homework 30 days before Module 2.*

YOUR STRUCTURAL INTEGRATION SERIES

Find a local SI practitioner and begin receiving a SI series on yourself so you have a direct experience of SI work. Complete your SI series by end of M3.

Having a SI series on yourself will greatly assist you in understanding what you are doing with the horses. If you have already received a SI series prior to our training, please arrange to have 3-4 advanced sessions.

Speak with your practitioner about SI work and take note of the effects of the work. All students: Write a brief summary of what you have learned about your own body and being from your SI series.

Find SI practitioners by doing a search for “Structural Integration near me” or visiting these sites:

- <https://iasi.net/find-a-practitioner#/>
- <http://rolf.org/>
- <https://hellerwork.com/find-a-practitioner/>
- <https://www.anatomytrains.com/practitioners/>
- <https://www.soma-institute.org/find-a-practitioner/>
- <https://www.si-directory.com/structural-integration-practitioner>

*** If you are a SI practitioner, the requirement for additional sessions is waived.*