



KEY TAKEAWAYS FROM OUR EMPOWERED PARENTING SESSIONS: BREATHWORK



Our Empowered Parenting sessions are one of the most rewarding aspects of our work here at Think Like a Pony and there are multiple benefits from attending a session as a family. Today, we want to do a deep dive into one specific takeaway that many of our families find not only helps them to build an authentic relationship with a pony, but also results in overall better communication as a family.

A FOCUS ON BREATHING

When families come to us, one of the things that is always apparent is that they do not place enough importance of the simple act of breathing correctly. The way you breathe sends signals to your body and reflects your mood. Learning to focus on your breathing can have a positive effect on your mood and in turn, your response to others. During an Empowered Parenting session, you will learn about how you can use breathwork to be a calmer version of yourself, and how to use this as a strategy for empowerment in your daily life. You will be taught various breathing techniques in the classroom which you can then put into practise with a pony. Ponies are sensitive to our energies and they react to our body language and intentions. In order to have a positive interaction with your pony, it is important to be in control of your emotions. Only once we are calm and collected can we interact with our pony from a place of mutual respect and trust.



BREATHING TECHNIQUES IN CLASS

So we've established that in order to be our most authentic selves, it is essential to be in control of our emotions both mentally and physically. This is where breathing comes in.

During an Empowered Parenting session, you will learn the following breathing techniques:

- actively using your diaphragm to inhale as opposed to taking shallow breaths
- toning the vagus nerve that signals to your brain you are calm and in control
- how your breathe acts as a 'pause button' when you are feeling stressed

This is just a small snippet of what you will learn with us.

These breathing techniques are proven to help calm both the mind and the body and these are skills you can take away that can help you to respond calmly, instead of reacting impulsively.

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For more information email
info@thinklikeapony.co.uk

BREATHWORK WITH A PONY

Once you have learned how to take a controlled calming breath, it is time to take what you have learned and apply it in a practical setting. Here's where you will learn the effect of your emotions and energy on a pony's magnetic field. Every living thing has a magnetic field. When you enter a pony's magnetic field, they can pick up on your energy and this is where you can put your breathwork experience into practice. If a pony feels comfortable in your presence, it means you have a good control on your emotions through your breath and you are ready to communicate in a positive way.

On our courses, not only will you find effective techniques to store away in your emotional toolbox, you will also be able to take steps towards becoming a more authentic presence in your family unit and adopt positive communication styles that help you listen and respond with clarity.

To book onto one of our Empowered Parenting courses, talk to the team today to see how you and your family could benefit.



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For more information email info@thinklikeapony.co.uk