**Why mindfulness with donkeys?**

Donkeys are very affectionate animals and seek contact with people. Their compact size and large head and ears make them very touchable. By involving donkeys in the mindfulness exercises, we put all the senses on edge. We expect that this focus of your senses on the animal will lead to an increase in your dopamine. The donkeys are integrated in the exercises that have already been proven effective. That makes the exercises more fun and light-hearted, and therefore more pleasant to repeat.

**Based on scientific studies:**

The duration of the program is eight weeks and our hypothesis is that your intrinsic motivation and resilience slowly but surely pick up again. The exercises with the donkeys are all based on previously acquired scientific insights. For example, did you know that visual focus leads to increased dopamine release? We do this, for example, with the body scan. And also auditory focus can positively influence your dopamine. This is part of our listening exercise with the donkeys.

**Further scientific research:**

The AMEP method is now the subject of scientific research and is supervised by Prof. Pim Martens of Maastricht University. Do you want to read a publication? Click here: https://doi.org/10.3390/ani12192564

Are you interested in participating in this study? Send an email to Brigitte Wijnen : bmt.wijnen@maastrichtuniversity. She can inform you about the conditions.

 **WHAT PROGRAMS ARE THERE?**

AMBULANT MOTIVATION ENHANCEMENT PROGRAM (AMEP)

Mindfulness with donkeys

​The AMEP program is an AMBULATORY training aimed at improving your resilience and intrinsic motivation. Donkeys and pets play a major role, they are involved in all exercises. Donkeys at our location, pets at your home.

​In this training we focus strongly on improving your resilience and your intrinsic motivation. Wanting to pick up new things again, having willpower. This can be done by stimulating dopamine. Dopamine is a neuromodulator in your brain that is strongly linked to motivation, a trait that is affected when overloaded.

​We have developed a program that is based on mindfulness with donkeys and other animals and that stimulates you daily to do a certain activity that stimulates your dopamine. The training lasts 8 weeks, with a weekly meeting at our location.

​In the mood for change? Sign up!

8 - week training from 14 March to 9 May 2023

Costs € 500,=, including 8 weekly meetings of 2 hours at our location and a practice program for at home.

Book here

​Are the participation costs too high for you? Talk to your employer. Perhaps he is willing to contribute.

​

**INTERN MOTIVATION ENHANCEMENT PROGRAM (IMEP)**

**Mindfulness with donkeys**

​Do you want to change some things in your life? Want to be more relaxed in life? Feeling motivation and willpower? Then the INTERNAL behavioral training of five days with donkeys might be something for you. The training is based on scientific studies and focuses not only on meditation and exercises, but also on sleep, nutrition, concentration and respiratory therapy. 'Evidence based tools to improve your daily life'. You will stay with us for 5 days on a beautiful estate in South Limburg. Holidays and training in one!

​This method is based on scientific findings, where we try to strengthen body and mind by working with animals.

During an intensive 5-day midweek at an Estate in South Limburg, we teach you to organize your life differently. We teach you exercises that you can weave into your life very easily and for free. Meditations, breathing exercises, and better spreading your focus and un-focus.

​Five days from 9 a.m. to 5 p.m. Do you go home as a different person after that? No! No one can do that in five days, but you have learned the exercises intensively and get a very easy program to take home to keep practicing this.

​

Dates: 1 to 5 May 2023

Costs: € 1250,= including overnight stays and home-cooked meals

BOOK HERE

​Do you also belong to the group of people who feel overloaded? Then sign up quickly.

You cannot afford the costs? Talk to your employer! After all, he has an interest in ensuring that you do not get overloaded and get sick.

​​

LICENSE TRAINING MINDFULNESS WITH DONKEYS

​Do you want to give the mindfulness with donkeys training yourself? This is possible with our train-the-trainer course with which you simultaneously acquire the license (permission) to give our course to others. You will also receive the meditation texts, the audio files with the recorded meditations and a manual for the trainer.

As this is one of our specialization modules, you will need the Asinotherapy Basic Module course as preparation.

This license training takes place on the estate in South Limburg, so it feels like a holiday and training in one.

​

Dates: 5 to 9 June 2023

Costs: € 1500,=, including overnight stays, course material, audio files, and license

BOOK HERE:

​

Our licensed trainers:

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**Noord Holland**

 Lisette van Leeuwen, Rucs de Wurft,

Bobeldijk 115, 1647 CM Berkhout

Mail : dewurft115@gmail.com

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Janet Kooijman – de Bruijn, Hoeve Waterloo – De Ezeltuin

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**Limburg:**

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