



GATEWAYS TO TRANSFORMATION

Farm & Retreat Center

Home of

Rites of Passage

&

The Phoenix Rising Programs

www.RitesOfPassage.co

303-859-7385

Phoenix Rising Program Equine Natural Horsepersonship Training Certification Level One at
Gateways to Transformation



The equine training and certification program at Gateways to Transformation is designed to teach basic to advanced horsepersonship, horse training skills utilized at this retreat center.

Each participant will work with horses daily, five days a week from how to handle a horse without harm to the horse or person, cleaning barns, feeding, grooming, riding and exercising horses, cart work with minis

The participation of each person will be tailored to their specific skill level and needs, with separate certification levels depending upon their amount of horse knowledge and training that they come into the program with.

All participants for this program are responsible to carry their own insurance and sign our farm waiver agreeing that they are completely aware that they are responsible for their own safety during this program, which is a horse intensive program of both on the groundwork, potentially riding and learning the Phoenix Rising Equine Assisted coaching or psychotherapy methods used at this retreat center.

All participants accepted for this program will sign a farm waiver attesting to this.

General Goals

The level one program is tailored to individual needs. It is understood that each intern comes into the program with already accomplished different skills and goals, however all participants will be exposed to all aspects of learning available here so as to hone their skills and acquire more variety of ways to do what they already know as well as to learn new skills.

Training Philosophy

Natural horsemanship. All participants for this program are aware that this facility co-creates this program with horses, we do not subjugate or teach skills that are harmful to the horse in any way. We instead play with the horses, simply making it easier to do what the trainer wants and harder to do what the trainer doesn't want. They learn how horses naturally interact in their world and how to work with them safely as co-creators to accomplish our goals with them in a healthy way.

Training:

The intern will be guided in learning and understanding the essentials of horse training using the Gateways to

Transformation Farm and Retreat Center's and Phoenix Rising Programs Horsepersonship techniques. Specific emphasis is placed upon natural horsemanship techniques in training, working daily with and understanding what your horse is communicating to you and how you communicate back in a clear way so that you and the horse work well together as a team in whatever you choose to do together up to and including coaching or psychotherapy.

This will include:



1. Learning safe barn work from the ground up
2. Natural horsemanship on the groundwork
3. Natural horsemanship riding (if appropriate)
4. Natural horsemanship training techniques
5. Natural horsemanship in on the ground equine assisted coaching sessions and psychotherapy sessions.
6. Bombproofing your horse training techniques

Depending upon the proficiency of the participant, riding skills will be taught. Interns will be given opportunities to ride in large arena, round pen, and on property as appropriate.

Participants will be given the opportunity to bring their own horse to the program to work with, however that is an extra charge of 200.00 a month, with intern paying for anything beyond the horse being on the property and the intern being responsible for the complete care of that animal. No horse with aggression issues will be allowed at Gateways to Transformation Farm and Retreat Center.

Living Arrangements and Time Frame

Participants will be charged \$2,000.00 for a two-week program.

A contract will be completed with specifics for each Participant with Level one being the available one at this time.

If participant chooses living on site during this time, the participant will be provided with room onsite at our B&B rate of \$100.00 a night, for the time of their program which would be an additional cost of \$1,200. All houses on site are shared houses with full kitchen and washer dryers



At end of each program, participants will be given a certificate of completion for the extent of their work in the certification program and the level of work they have accomplished.

Natural horsemanship is a natural horse training method that is not the Parelli method although we do utilize some of the same types of training methods and learning materials. Natural horsemanship is a natural way to interact with horses that allows us to communicate with and work with them in a holistic horse and herd mentality. You will not be certified through the Parelli method but will integrate general skills for working with horses in a safe and holistic way. Some of the available videos and training methods below will be utilized in

each level of training. Books and videos that may be assigned:

- Parelli Training Video's 1
& 2
- Parelli Savy Series Level 2, 3
and 4 Books to
- Parelli Horsenality video
- Bombproof your horse -
Sgt. Rick Pelicano
- America's Long-Distance
Challenge - Karen Paulo
- Imprint Training -
Robert M. Miller DVM
- Starting and running your
own horse business - Mary
Ashby McDonald
- Western Training theory
and practice - Jack
Brainard
- Starting Colts - Mike Eval
- Western Practice Lessons -
Charlene Strickland
- Head to Toe
Horsemanship - Lynn
Palmer

Current Available Program Dates for 2026:

June 29th through July 10th 2026 Weekends off

Alisha Adrian MS, LPC, TP, EAP/EAL
Gateways to Transformation LLC
Hosting the Phoenix Rising Programs
4979 4200 Road. Crawford. CO 81415

Contact Alisha Adrian at gatewaystotransformation@gmail.com or call (303) 859-7385

Participant Name _____

Date chosen for Program Level One _____

Staff Signature _____

Participants will be charged for the program at the time they sign up.

If Airbnb rooms in shared houses onsite are desired, room charges will be due one week before the program begins.