

mPower with Llamas™

Mpower with Llamas programs are for individuals, groups and organizations who are seeking an impressionable and relaxing experience. Our llama programs provide participants with a real life mirror that provides instant feedback on how effectively they use their will and gentleness to create cooperative and respectful relationships. Participants

integrate their teachings from these awe-inspiring experiences into real world relationship scenarios by hands-on-learning and group discussions. The lessons that are learned in these programs are heart felt souvenirs that we guarantee will forever be imprinted into your lives.

Our llama programs are hosted at the beautiful Charlotte, NC locations of **Carolina Llamas** in Hembry Bridge and at different trekking locations in North Carolina.

Why Llamas?

Llamas are a prey animal in their class and have a different set of life lessons to teach the human race. These peaceful and surefooted animals are here to teach us how to have more security in our lives and how to better maneuver ourselves when faced with challenging situations. Llamas can help us identify which situations in our lives are causing feelings of doubt or insecurity and how to not use stubbornness or forceful measures to achieve resolve. They also teach us how to be aware of unstable environments and how rethink a plan that will allow for more solid footing. Working with these gentle animals teaches us to how to slowly and securely move forward with our endeavors without taking on too much and burdening our loads. Their clear communication signals provide participants with valuable insights and feedback on how to overcome hesitations while in pursuit of achieving our fondest goals or dreams.

Llamas teach us how to:

- Be considerate and patient with ourselves and others.
- Create and respect agreements.
- Maintain the connections in our relationships.
- Improve verbal and non verbal communication skills.
- Create relationships based on trust and respect.
- How to set and respect boundaries.



For more information or to schedule a program
please visit our web site at
www.mpowercompany.com or contact
Michelle Salerno at 305-588-3589.





Daily Llama Trekking

mPower Llama Trekking offers a wide spectrum of llama treks for novice and experienced hikers alike. Whether you only have 2 hours and are looking for something novel and different or you half a day and want to be submerged in nature, our llama trekking programs can accommodate you. We offer several types of llama treks that easily fit into any weekend activity.

- 2-Hour Llama Trek Adventure \$75 per person
- 1/2-Day Llama Trek plus Lunch \$125 per person

Special Llama Treks

Mpower with Llamas Trekking offers customizing services to the unique requirements of our customers. Whether you want a themed llama adventure trip, or an ultimate llama pack trip adventure just for your group, Mpower Llama Trekking can fill the bill! With enough notice, we can help you plan any special llama adventure to accomplish your goal or accommodate your group! Program rates are based upon number of participants and trekking times. We can create special treks for: ·Yoga · At-Risk Youth · Religious Study Groups · Leadership and Corporate Retreats· Girl and Boy Scouts · Family Reunions · Wedding Parties · Cancer Survivors · Youth Groups· Exceptional Needs Groups · Retiree Clubs · Trekking Clubs · Singles Clubs · Foster Kids · School Fieldtrips · Bird Watching Clubs

Llama Therapy

Llamas are being used successfully with exceptional needs adults and children, elderly persons and cancer patients. Hospitals, centers and nursing homes are all delighted when llamas are brought for a visit. Llamas make good therapy animals because they are intuitive and curious with new people and surroundings. Llamas seem to sense the needs of others and are giving and gentle animals. Llamas seem to bring out the personality of the shyest person by offering the genuine gift of gentle and unconditional love. At times of feeling uncertainly or discouraged, our llamas offer encouragement those we visit to do things they wouldn't normally do. That may include talking, standing, sitting up, reaching out, going for walks, socializing and more.

Emotional Fitness and Teambuilding with Llamas

Being that llamas prey animals, you must demonstrate trust, patience, respect and consideration in order to create bond with these amazing creature and receive their cooperation. Today we live in an instant gratification world where we have become accustomed to get anything we want at the snap of our fingers. With fast food, fast lifestyles and technology rich communications to feed our conveniences, we also robbed us of opportunities to develop patience, considerations and timing. Working with llamas allows individuals to review how relationships and communications are directly affected by our thoughts, feelings and actions while achieving a goal. Llamas are intuitive and sensory animals that require emotional and energy contracts. As you are tasked to lead a llama through a series of challenges, participants get to exercise their ability to continuously reach agreements with their llama. While working through unexpected resistances from the llamas, participants practice using their tools of understanding, problem solving and gentleness to regain the trust and cooperation of their furry friend. These are valuable life skill lessons that are forever embedded into our hearts as reminders for our professional, social and personal relationships.

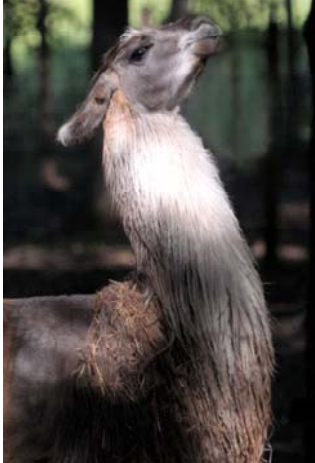
Corporate Events

If your company is looking for a relaxing corporate getaway or a fun team bonding experience, our llamas are guaranteed to provide an enjoyable and fun in the sun experience. Being that we spend sixty percent of our week at work, sometimes we literally need to take a break and get back to nature. There's no better way to reconnect with yourself and fellow collogues than spending a day out in nature with these fun and curious creatures. Three hour and half day treks are available at Latta Plantation Center. Our facility at Carolina Llama's is home for our team building obstacle course and grooming activities. We also offer Llama's for hire for corporate events, fund raisers or galas. They are always crowd pleasers from their beauty and curious interactions with guests.



For more information or to schedule a program please visit our web site at www.mpowercompany.com or contact Michelle Salerno at 305-588-3589.

ABOUT OUR LLAMAS



The llamas used in our program are from the Carolina Llamas of Hembry Bridge. Carolina Llamas are regional champions in show competitions across the Southeast. Their trademark markings and exquisite bloodlines make them the cream of the crop in the world of llamas. Aside from their beauty, Carolina Llama's are one of Charlotte's leading 4H participants. Mpower Company has specifically chosen these llama's because they have been raised by the loving hands of Craig and Jan Swindler and are used to traveling to different locations and working with adults and children. These llama's have worked with adults, children, groups and exceptional needs individuals. They will be used with an array of groups and as therapy animals to promote healing, encouragement and confidence building. Their calm and curious dispositions aside from their beautiful coats offer the public an experience to learn about the importance of preserving and respecting all life and nature around.

Being their health and maintenance are required for their competitions and critical to their survival, these llamas receive quarterly examinations and vaccinations. To the surprise of many people, they are exceptionally clean animals. When traveling to other locations, llamas will only release themselves in a designated location. Usually the hierarchy of the herd will assign a latrine for all other llamas to follow.

For more information about the buying, selling and additional questions about Carolina Llamas, please contact Craig and Jan Swindler at 704-882-8694 or www.carolinallamas.com.

