

The Equine Guide to The Four Agreements

Monthly Circle Group

- **Be Impeccable With Your Word**
- **Don't Take Anything Personally**
- **Don't Make Assumptions**
- **Always Do Your Best**

The Equine Guide to The Four Agreements Circle Group is designed to create an embodied experience, taking the work from a mental concept into actual day to day living. Don't miss the opportunity to learn, grow, laugh and celebrate with open minded learners looking to foster community and relationship.

Through the lens of the horse we learn to:

- **Communicate effectively**
- **Release judgement of self and others**
- **Get curious**
- **Practice presence**
- **Take responsibility for self**
- **Take action to create change**

Circle group begins in March and meets once a month for 6 months. The fee is \$175/class payable at the beginning of each session. There is a \$50 discount if all classes are paid prior to March 20th. All Classes meet from 11am - 2:30pm at Medicine Horse Ranch. Scheduled dates are March 25th, April 22nd, May 20th, June 24th, July 22nd and August 26th. Please contact gaby@equineguidedrecovery.org with any questions

Horses embody The Four Agreements by their very nature. Like a human herd, they are sentient, relational beings living in partnership with each other and the environment.

Whether you are new to The Four Agreements, or have past experience, The Medicine Horse Ranch Herd will take you to deeper levels of understanding and higher levels of appreciation for The Agreements' direct application in your life. With the platform of Don Miguel Ruiz's principles, horses reveal to us a non-judgmental reflection of how we show up in the world. They challenge our self-limiting beliefs and offer real-time feedback and reflection when we make a conscious choice to show up differently and find our authentic expression.



To register, contact Gaby at 415-261-8923 or email to gaby@equineguidedrecovery.org
PayPal: [paypal.com](https://www.paypal.com)-send money: gaby@equineguidedrecovery.org
Mail check to: Medicine Horse Ranch, PO Box 224, Tomales, CA 94971
Directions and Logistics available upon registration