

The Equine Guide To "The Four Agreements" - An Experiential Intensive

Facilitated by Alyssa Aubrey, CECE & Gaby Fabian, CECE



Join us as we immerse ourselves in the powerful principles of Don Miguel Ruiz's *The Four Agreements* presented through the insightful and intuitive lens of the horse. Horses embody 'The Four Agreements' by their very nature. They model the principles every moment of every day in relation to each other and their environment, and in turn, model the way for us to begin a practice of doing the same in our own lives. As we explore these principles with our Equine Guides, we will learn to:

- Communicate effectively
- Re-define our self-limiting beliefs
- Get curious
- Practice presence
- Take responsibility for self
- Take action to create change

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. The horses give us an embodied experience bridging the gap between a mental concept and real-time implementation.

DATES AND TIMES:

May 5th: 2pm – 7pm (dinner included)

May 6th: 10am – 4:30 pm

May 7th: 10am – 4:30 pm

LOCATION:

Medicine Horse Ranch, Tomales, CA
Located on a 1000 acre, fifth generation family owned and operated working cattle ranch.

TUITION:

Tuition includes: A light evening meal the first day, featuring locally grown and organic fare. Didactic materials, including a copy of Don Miguel Ruiz's book *The Four Agreements*, are included for future reference and study.

Tuition: \$795.00 (early bird special, \$750 if paid by April 5th)

Registration is required as space is limited to 8 participants.

EMAIL:

office@medicinehorseranch.org
for registration details.

No previous horse experience required. All activities with horses are facilitated on the ground in a safe and supportive environment. This workshop does not include horseback riding.

This workshop is beneficial for:

- Anyone wishing to know oneself and others through the wisdom of the horse.
- Anyone looking to deepen their understanding of *The Four Agreements*
- Individuals interested in personal/professional growth and development.
- Individuals wanting to learn how to incorporate horses into their current professions or future careers.