

Sign Up by July 11th
and Save \$200

Horse Sense for Women™

4-month Adventure of the Spirit



When: Aug 11 & 12 **All classes meet 10 am – 5 pm**
Sept 15
Oct 20
Nov 3 & 4

Includes two private coaching sessions

Location: Medicine Horse Ranch, Tomales, CA

Fee: \$1495.00 *Early bird special \$1295.00 - if paid by July 11th.
\$150.00, non-refundable deposit to reserve space.

Email: office@medicinehorseranch.org **Call 707-878-2440**

Details: Horseback riding is not involved, no previous experience required.

Horse Sense for Women™

Like poetry itself, the relationship between women and horses is wide, deep and complex; a journey comprised of both history and myth.

Horse Sense for Women™ Promises: (the magical ingredient is the spirit of the horse)

- Develop and Implement Practices for Self-Care
- Learn to Stay the Course for Dreams, Visions and Goals
- Manage Stress and Overwhelm
- Celebrate and Cultivate Unique Abilities, Talents and Gifts
- Develop Authentic Presence
- Enhance Effective Communication Skills (Verbal and Non-Verbal)
- Develop Healthy Boundaries
- Ride the Territory of Transition
- Harvest Creativity
- Develop and Deepen Community (Where is your Herd?)
- Being on Horse Time
- Release the Inner Critic, and Other States of Constriction
- Explore Collaborative Opportunities

This 4-month program is designed to incorporate practical, life-enriching skills with magical thinking, powerful metaphors and synchronistic moments born from the horse's natural wisdom.

"Other than the birth of my son, working with horses in this program has been the most profound experience of my life."

— S. Whitman age 43

One of the many advantages of working with the horse is that the feedback it gives does not come through the filter of language. Part of the healing power of this work is that it brings participants out of their heads and into intimate connection with nature to inspire, teach and enlighten. Equine activities are facilitated on the ground, relevant to real life situations, creating a powerful and unique program offering endless possibilities for self-awareness and personal development.



Alyssa Aubrey, CECE, is the Founder and Executive Director for Medicine Horse Ranch, The Center for Equine Experiential Learning in Tomales, CA. Ms. Aubrey is an expert horsewoman known nationally and internationally for her partnering of horses in a powerful, cutting edge process leading people to greater self-awareness and personal growth. Her commitment is bringing horses and women together to discover relevant, effective and satisfying ways to produce change needed for today's challenging and often confusing scenarios. Horses are masterful

teachers as they reflect moment by moment the strengths and weaknesses of our presence, commitments, and intention.