

# Horse Sense

## *An Introduction to Equine Guided Experiential Education*

**2017 Dates to Choose From:**

**Feb. 11, March 18, April 15, Aug. 12, Nov. 11**

**11 am - 2:30 pm Tomales, CA**



*My experience of Equine Guided Education was powerful and profound. These horses are incredible teachers. The metaphors were abundant and clear as the horses offered instant and non-judgmental feedback. I feel an aliveness, presence and well being in my body for the first time in years."*

E. Fisher R.N.

Join us on a fifth generation 1000-acre ranch in beautiful Tomales, CA for an informative, transformational and restorative day of hands-on learning with the help of horses.

This one-day workshop is designed to introduce participants to the universal principles inherent in the nature of horse-human healing. The horse's instinctual and intuitive capacities and their social nature create a safe, supportive environment in which we may experience ourselves as authentic, empowered and relational beings.

Horses have been partnering with humans in health and healing since the 1970's. Like humans, horses are social animals. They have defined roles within their herds. They are unique individuals with distinct personalities, attitudes and moods. Most importantly horses have the ability to mirror exactly what the human body language is telling them; which makes them especially powerful messengers facilitating self-awareness in deep and profound ways.

There are many accounts of life-changing experiences resulting from humans relating to horses as sentient beings.

### **Equine Guided Keys to Learning:**

- Learn to stay centered around goals and ambitions
- Let go of old stories and perspectives that block energy and purpose
- Re-frame and integrate new beliefs that support vitality
- Regain self-esteem and self-confidence
- Practice setting boundaries
- Explore practices for staying "right here" and "right now"
- Develop and honor the authentic self
- Nourish creativity and change
- Trust intuitive knowing.
- Improve communication skills (verbal and non-verbal)
- Deepen trust and respect for self and others

### **Registration Details:**

Cost: \$175.00

Early Bird Special: \$150.00 if paid 30 days before class date.

Bring a brown bag lunch. Coffee, tea and snacks are provided.

### **To Enroll:**

Contact Alyssa Aubrey, 707-878-2440 or email: [office@medicinehorseranch.org](mailto:office@medicinehorseranch.org).

Registration is required as space is limited to 8 participants.

All activities with the horses are presented on the ground, and does not include horseback riding. There is no previous riding/equestrian experience required to attend or participate.