

THE EQUINE GUIDE TO THE FOUR AGREEMENTS AN INTRODUCTION

Facilitated by Gaby Fabian, CEGE
and Alyssa Aubrey, CEGE

You might ask... "What do horses have to do with The Four Agreements?" Come explore with us on this one-day adventure and let our herd of Medicine Horses show you.

DON MIGUEL RUIZ'S POWERFUL PRINCIPLES OF THE FOUR AGREEMENTS:

1. Be Impeccable With Your Word
2. Don't Make Assumptions
3. Don't Take Anything Personally
4. Always Do Your Best

The Four Agreements are a guide to discovering and leading a life lived authentically, in present time without judgment. In partnering with the horse we see these principles in action, as horses live full-time in these agreements. They embody the principles in relationship to each other, and they require us, the human, to embody the same principles as we work together with them.

Our Equine Guides will help us:

- Communicate effectively
- Get curious
- Re-define our self-limiting beliefs
- Practice presence

Whether you are new to The Four Agreements, or have past experience, our horses will take you to deeper understanding and higher levels of appreciation for The Agreements' direct application in your life.

"I came into this experience not knowing what to expect - this was the most eye-opening workshop I have attended. I recommend this to anyone!"

- Ali Dobin, Workshop participant 2016



Dates:

October 20th, 2018

Location:

Medicine Horse Ranch,
Tomales, CA

Time: 11am - 3pm

Cost: \$195.00/person

(no previous horse experience required. All activities with horses are facilitated on the ground in a safe and supportive environment)

For Registration or inquiries:

Contact Gaby at (415) 261-8923 or email gaby@equineguidedrecovery.org

Registration is required as space is limited to 8 participants. Directions and logistics available upon registration