



Meeting your Horse with New Eyes

EQUINE FACILITATED EXPERIENTIAL LEARNING WORKSHOP

*This is a one day equine facilitated experiential learning workshop where you will cultivate a **new way of being with horses**, through meeting them as wise sentient individuals.*

Meeting with your horse in this way will facilitate a greater connection, being present with your breath and in your body and thereby with your horse. Horses are always in the present moment, as a rule we as humans are not. In this workshop the horse is seen as a sentient being, an individual just as you are. It is from this place that you connect with your horse and see where the connection leads, what learning unfolds and what it expands into, both during and after the workshop.

Come and explore, expand your conscious awareness of horse and self. Individuals will experience BEING with their horse – meeting your horse with new eyes.

The workshop aims to explore and expand your awareness and connection with horses through:

- *Seeing with new eyes*
- *Just BEING*
- *Breath connection*
- *Heart to heart connection*
- *Active meditation*
- *Inner reflection*

WWW.ANIMALKONNECTION.COM.AU

WORKSHOP INFO

Date: Sunday 19th Jan 2020

Time: 9.30 am to 4pm

Location: Gidgegannup WA

Cost: \$200

For more information and bookings contact Tracey at tracey.simpson@westnet.com.au

