

Finding the Breath Within WITH HORSES

Come along to an experiential one day facilitated learning workshop with horses, where you will come to develop a greater connection with your inner knowing and being. PRESENT with your breath and in your body. This is a day for making connections with the horses, each other and yourself with the horses as co-facilitators. Individuals will experience BEING and how this can manifest in their lives outside the workshop.

The workshop will explore and expand your awareness facilitated by being with horses through:

- *Breath connection*
 - *Body presence*
 - *Active meditation*
 - *Inner reflection*
 - *Cultivating your inner knowing*
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This workshop is for anyone interested in learning more about equine facilitated experiential personal development and learning. No prior horse experience is necessary.

WWW.ANIMALKONNECTION.COM.AU



WORKSHOP INFO

Date: 30 November 2019

Time: 9.30 am to 4.00 pm

Location: Gidgegannup WA

Cost: \$200

For more
information and
bookings contact
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