



# Connecting Horses And Hearts

## One Day Workshop for Women

Whether you have a horse or not. Whether you ride horses or not. This workshop will teach you to connect authentically with horses - and in doing so – connect authentically to yourself. During this workshop you will increase your awareness of the highly instinctive nature of horses. You'll learn how this instinctive nature becomes a mirror of your physical and emotional state when you are in their presence, which makes them ideal teachers. During your time in this workshop you will re-learn to listen to your inner voice, reconnect with nature and begin your renewal. What does it mean to be a woman in today's world? What roles are you in? What speaks to your heart? Come join us in the circle of women who will validate and honor your authentic self. Come to learn a quiet centeredness. Through our time together something beyond each of us will be created.

**All the work takes place on the ground, no riding.**

Why Horses? : Horses are gifted messengers; they offer constant feedback in real time, right here – right now. By working with our equine facilitators you'll come to understand how you energetically carry yourself not only around horses but in all aspects of your life. Discover how you can consciously choose a more desirable emotional presence.

The Facilitator: The workshop is based on the work of Linda Kohinor, author of *The Tao of Equus* and founder of Eponaquest Worldwide. The workshop will be facilitated by Sandy Hardie, an Advanced Epona Instructor, Certified Trauma Specialist; Rebecca Ruhl, equine specialist with a BUS in Equine Studies from DSU, CHA Level III Certified Riding Instructor.

Contact: Mahala's Hope to reserve a spot and for any questions you may have. Email [mahalashope.kris@gmail.com](mailto:mahalashope.kris@gmail.com) or 920-904-6445.

