



CHANGING HORSES
CHANGING LIVES
PERSONAL GROWTH THROUGH HORSES

Join us for a transformative personal journey
Develop mindfulness, insight, authenticity & intuition
through interacting with horses.



Previous horse experience not required!

**2 day workshop
27 & 28 January, 2018**

**Develop deeper Insight
Practice Mindfulness
Exercise your intuition
Become more authentic**

**Investment
Only
\$500**

Where?

**Taupo RDA
164 Poihipi Road,
Taupo, NZ 3330**

What?

**Wear fully closed shoes or boots
& weather-appropriate clothing
BYO Lunch**

For enquires / booking:
Renée – 027 601 5929

What are we about?

The **Changing Horses** team works within both EAGALA and Eponaquest framework's offering a variety of experiential learning opportunities for personal growth and development.

Whether you're interested in **horse or human development**—or both—our programmes will assist you to develop and strengthen skills such as leadership, assertiveness, emotional fitness, communication, mindfulness, insight, conflict resolution and authentic relationships.

A **Changing Horses** workshop allows you to experience what it means to truly thrive in life, and offers you tools to help you access your authenticity, creativity and intuition. Ours is a unique & empowering approach which will expand your vision, widen your horizons and allow you to connect meaningfully with yourself, others and your environment.

Horses help make conscious in us, that which is unconscious. Highly sensitive animals, horses respond to subtle changes in our body language and behaviour and thus provide valuable feedback on how we are in the moment. Examining our own reactions to equine behaviour can lead to powerful new insights into our own natural abilities and talents, therefore enhancing and promoting opportunities for personal growth.

Horses are ancient creatures as a species they have survived for over 50 million years. As prey animals, their lives depend upon their ability to correctly assess situations and react accordingly. They have an extremely heightened intuitive sense, enabling them to accurately perceive what is happening in their environment, and to communicate this to the rest of the herd. Invisible layers of electromagnetic energy guide them through their daily lives. Therefore they have the ability to reflect back to us our internal state. When we as humans begin to decode their feedback and understand energetic interaction we can learn more about ourselves.

Horses make visible the invisible, if we are open to learning how to “see”.

Workshop content:

- Understand and use emotion as information
- Access a more mindful and intuitive presence
- Establish and maintain optimal personal space for health and well-being
- Use your body as a sensory device and discover the power of non-verbal communication
- Recognize and move beyond the limiting, unconscious beliefs and behaviours that keep us stuck in old patterns of thinking & behaviour
- Learn to distinguish social conditioning from authentic behaviours and beliefs
- Explore the power of vulnerability
- Overcome counterproductive ways of thinking and reacting, learning to respond with heart-centred presence.
- Experience congruence - Incongruence impedes connection, horses co-operate with us when our body and our minds are in sync
- Listen to your body - a rich source of information for life/work balance
- Exercise your intuition, recognise and let go of negative mind chatter
- Discuss the implications of predatory and non-predatory power in leadership and group dynamics.
- Create an authentic community, thus building a safe space for self-development