

# Accessing Wisdom from the Right Brain

An Equine-Facilitated Learning Workshop

March 14 & 15th, 2020 in Sonoma, CA



- Using emotion as information
- Developing empathy, trust and appreciation for oneself and others- 2-legged and 4-legged
- How to listen to intuition/ wise mind, listening to subtle messages from within
- To gain a more finely attuned awareness of emotional cues (yours and others), energetic awareness and intuitive insights
- Learning about Sentient Communication
- Hands on ground-based and mounted exercises with horses as guides
- Body Scan- listening to the body as sensing device

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You may already spend a lot of time in your Right Brain; you are creative, musical, in close touch with your emotions. Or maybe you tend to rely on your Left Brain more; you are analytical, organized and methodical in your thinking. Whatever your inclination (there is no right/wrong way), the goal of this two day workshop is to begin to listen deeply to emotional cues from yourself and others. When we are listening deeply and from within we have more emotional agility, have increased energetic awareness and intuitive insights. Working with these powerful sentient beings (horses) can do just this. By nature they are constantly paying attention to subtle messages from within themselves and their environment, they are the perfect teachers.

## Facilitated by:

Heather Macbeth, MFT is a therapist in Oakland, CA and EFL/EFP (equine-facilitated learning and equine-facilitated therapy) practitioner in the Eponaquest model. She has experienced first-hand the benefits of the horse-human connection and believes that these experiences offer great benefits to one's well-being. To read more about equine-facilitated learning and workshops see here <https://www.15handscounseling.com/>.

Shelley Rosenberg is one of the original seven founding members of Eponaquest Equine Facilitated Experiential Learning (EFL). She is the founder of My Horses my Healers and the International Equine Summit. Shelley was there at the beginning of understanding the horse human connection at a more profound, emotional healing level. More about Shelley here: <https://shelleyrosenberg.com/>

**Dates:** March 14th & 15th, 2020

**Location:** Sonoma, California