

The Way of the Horse

An Equine-Facilitated Learning Workshop

10am-4pm on April 2, 2022 in Sonoma, CA

This one day workshop introduces participants to the core concepts of Equine Facilitated Experiential Learning and the Eponaquest Method. In this workshop we will work with horses to experience:



- Using emotion as information
- Tapping into intuition/ wise mind, listening to subtle messages from within
- A more finely attuned awareness of emotional cues (yours and others), energetic awareness and intuitive insights
- Hands on ground-based exercises with horses as guides
- Body Scan: listening to the body as sensing device

When we can listen deeply from within, we have more emotional agility, increased energetic awareness, and intuitive insights. **Working alongside the natural wisdom, grace, and power of the horse we can learn to do just this.** Constantly paying attention to subtle messages from within themselves and their environment, horses 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. An avid trail rider and student of natural horsemanship some of her happiest moments have been around horses. 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. Read more about equine-facilitated learning and workshops at www.15handscounseling.com

Molly Pearson: Horses have been a constant in Molly's life, from working on a dude ranch to showing the A-rated hunter/jumper circuit. She used to put on sparkly full body spandex and hold other people over her head in equestrian gymnastic performances called vaulting. Most recently, she completed The Mongol Derby, a 630 mile race across Mongolia on 29 feral horses. Molly appreciates and acknowledges horses for teaching her patience, how to listen, and how to ask instead of demand.

Date: Saturday April 2nd, 10am-4pm
Location: Sonoma, California
Inquiries/Registration: themollypearsonproject@gmail.com

**No horse experience or previous interest in horses is necessary. The workshop employs safe and fun ground and (optional) mounted activities. Snacks and materials provided.*