



15 HANDS  
EQUINE LEARNING

# *The Art of Presence*

## A Day with Horses

Saturday, June 17th 2023  
Sonoma, CA

This one-day workshop introduces participants to some of the core concepts of Equine-facilitated Learning and the Eponaquest Model. In this workshop we will be exploring the many ways that the horse-human connection can be beneficial to humans. We will be utilizing hands-on ground based exercises with horses as guide to experience:

- Observing Limits, Personal Space, Consent
- Body Scan-listening to the body as sensing device
- Relationship & Connection
- Mindfulness of Self & Other

Facilitated by:  
**Heather Macbeth, LMFT, EAP, EFL**

To Register and Learn More about 15 Hands Equine-facilitated Learning

[CLICK HERE](#)