



Exploring Connection

A DAY WITH HORSES

SUNDAY, MAY 19TH - ORINDA, CA

This one day workshop introduces participants to the core concepts of Equine Facilitated Experiential Learning and the Eponaquest Method. We will explore new ways to relate to another being (horses) and ourselves by leveraging all three intelligence centers in the body; the mind, the heart and gut. **Working alongside the natural wisdom, grace, and power of the horse we can learn to do just this.** Constantly in the present moment and having a keen sense of their environment, horses are the perfect teachers.

\$375

FACILITATED BY: HEATHER MACBETH, MFT, EFL, EFP



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.

Xenophon Therapeutic Riding Center, Orinda, CA
(10 minutes from Oakland in the SF Bay Area)