

Spirit of Equus

Join MN LINC for a half-day of transformative wellness through the restorative power of the horse!

Horses are gifted teachers and have much to share about the wisdom of emotions, the power of intuition, and the importance of community. This workshop retreat, which focuses on ground-work with our equine partners, will re-connect you to the place of healthful balance within yourself.

Our human and equine facilitators will engage you in multiple mind-body-spirit exercises intended to both reduce stress and initiate self-healing.

Prior horse experience is not required!

Upcoming Dates:

March 15th, April 12th, May 10th, 2008

Time: 8:30am-1:00pm

Cost: \$125.00



Location: Medina, MN (western suburbs of Hennepin Co.)

Please RSVP: Wendy (952) 472-2422, wendy@mnlinc.org