

Sentient Spirit

Reconnecting Women of All Ages to Feminine Wisdom

In this two-day, interactive workshop, discover how the ancient connection between horses and women can help you develop personal balance and direction. These beautiful animals have much to teach us about intimacy, boundaries, our emotions, and our intuitive abilities.

What will you learn?

Being with horses is about mindfulness, simplicity, encouragement, and enhancing our connection with all of life and the world around us. Through the model of Horse society at rest, at play, and even in crisis, you will learn how changes in one's behavior can bring about positive life developments.

Workshop Objectives:

- Identify barriers that are causing disconnection in your life
- Learn techniques to become more mindful
- Practice clear intention, body scanning and breath awareness techniques
- Become more fully conscious of how internal thoughts contribute to outward actions
- Practice more effective communication skills using posture, tone, eye contact and intuition

What will you do?

Specially selected horses will help you identify your patterns, emotions and reactions that may be causing disconnection in your life. The activities will include journeying with your "Horse Mentor", creating a wise horse mask as well as a labyrinth walk. The activities will help you reconnect with your personal needs, your goals and your spirit. The workshop will close with an evening bonfire and Wise Horse Ceremony.

DATES: April 18-19, 2008

TIME: 9am-6pm on the 18th, Noon-8pm on the 19th

LOCATION: Medina, MN (West Metro)

COST: \$345 on or before April 1st, \$395 after April 1st

REGISTER: Wendy at 952-472-2422, ext. 3 or wendy@mnlinc.org

MN LINC is a nonprofit organization whose mission is to partner with individuals, animals, and nature to inspire and instill human wellness. www.mnlinc.org