



1 day workshop
May 27, 2012
Bellville, TX (1 h from Houston)

DISCOVER YOUR AUTHENTIC SELF THROUGH THE WISDOM OF THE HORSE

Horses and humans have a long history together. Now it is time to let another aspect of horse shine– as teachers. Through the unique ability of horses to reflect our authentic self, we can learn and grow.

This workshop blends theory, practical exercises with the horses* with time to explore a new perspective of your self. Together with the horses you will:

- ❖ **Develop your intuition**
- ❖ **Explore your authentic self**
- ❖ **Learn the messages behind your emotions**
- ❖ **Experience a coaching session with a horse***
- ❖ **Explore the concept of emotional intelligence**

Equine Facilitated Learning and Coaching builds on the principle that horses are sentient beings. Their life and way of existing can teach people important things, providing us with more balance and peace in our work and daily life. The workshop asks the horses to be our teachers as they often mirror emotions and energy from people around them. They tell us the truth – if we have the courage to listen.

*No riding. Ground exercises only.

Facilitator: Cecilia Engquist is a coach/facilitator/speaker and international level equestrian specializing in helping people understand their authentic self and live a life build on their unique strengths.

When: Sunday May 27, 2012
9am-4.30pm

Price: \$125 before May 7, \$145 after May 7 (light lunch included)

Registration: Contact Cecilia on 832.860.4263 or Cecilia@engquistcoaching.com
More information can be found on www.engquistcoaching.com

Max 8 participants.