



MEDICINE HORSE RANCH

A Learning Center For Equine Guided Education

Horse Sense For The 21st Century

HORSE SENSE FOR WOMEN™

Like poetry itself, the relationship between women and horses is wide, deep and complex; a journey comprised of both history and myth.

We may remember the young girl who spent her days playing horse, cantering around the backyard, snorting and kicking up her heels. Those of us who didn't own a horse often surrounded ourselves with friends who did.

Imaginary horse may now appear at the most synchronous of times offering themselves as healers, teachers and guides. They gallop through our dreams, appear in our meditations, artwork, poetry, and mystical experiences.

Horse Sense for Women™ is designed to incorporate practical, life enriching skills with the magical thinking, powerful metaphors and synchronistic moments born from the horse's natural wisdom.

One of the many advantages of working with the horse is that the feedback it gives through its behavior doesn't come through the filter of language. Part of the healing power of this work is that it brings participants out of their heads and into intimate connection with nature to inspire, teach and enlighten. In traditional horse-riding lessons, the focus is on gaining riding skills and a mastery of horsemanship, our focus through this program is somewhat different. We facilitate equine activities on the ground that helps women deal with real life situations, creating a powerful, unique program offering endless possibilities for self-development.

The women who attend this program come from all walks and way stations of life; some are in transition, others are quite settled in themselves intent on embarking on something new, challenging and fun! Horse lovers and horse owners are compelled to deepen their understanding and relationship with one of nature's most brilliant animals. Participants are often bright and creative women who want to feel more confident and contributing in a world that has become increasingly more complicated to navigate.

Horse Sense for Women™ is a wonderful opportunity for participants to discover and design relevant life practices while fulfilling dreams and goals by relying on newfound confidence, emotional intelligence, intuitive knowing and community. Being on land, in nature and around horses quiets the mind, restores the spirit and offers a way to rediscover, reconnect and reclaim the heart and soul.



HORSE SENSE FOR WOMEN™ - PRACTICES

(The magical ingredient is the spirit of the horse)

- Develop and Implement Practices for Self Care
- Learn to Stay the Course for Dreams, Visions and Goals
- Move from Wishful Thinking into Doing
- Integrate Practices for Sustainable Change
- Reclaim and Rejuvenate the Spirit
- Recognize the “Signs of Land” from Nature’s Cues and Clues
- Manage Stress and Overwhelm
- Self Leadership
- Harvest Creativity
- Deconstruct Negative Behaviors and Spiritually Damaging Habits
- Celebrate and Cultivate Unique Abilities, Talents and Gifts
- Discover and Integrate Life Skills, Habits, Behaviors and Actions Aligned to the Greatest Good, Highest Self
- Catch and Release the Inner Critic, the “Boo Monster” and Other States of Constriction
- Develop Healthy Boundaries
- Become the “Red-Tailed Hawk” Observer of Your Life
- Working the Muscle of Grief and Loss
- Riding the Territory of Transition
- Being on Horse Time
- Enhance Effective Communication Skills (Verbal and Non-Verbal)
- Living On Purpose
- Develop and Deepen Community (Where is Your Herd?)
- Blend Passion with Purpose, Values, Grounded Practical Right Livelihood
- Cultivate Realistic Thinking and Authentic Faith (When Faith Becomes Fact)
- Shape Shift States of Stress and Anxiety into Affirmative Action
- Develop Authenticity
- Explore Collaborative Opportunities
- The Art of Celebration

2010 Program Dates

- * **April 17-18**
- * **May 15-16**
- * **June 19-20**
- * **July 17-18**
- * **August 21-22**
- * **September 11-12**

Horse Sense for Women™ begins at 10am and ends between 5pm and 6pm each day.

Two consecutive days in the program affords the opportunity to reflect, journal, dream and return to steep oneself in the continuum of learning and practice the next day. Returning each month grounds the learning processes while deepening trust and relationship with one another.

Experiential activities over the course of the 6-month program include a wide variety of both group and individual EGE work with the horses. Activities are facilitated on the ground in a supportive, safe, learning environment. No previous riding experience is required.

Space is limited to 8 women! (By the way, a natural horse band is normally comprised of 6-8 horses)

Cost:

\$495.00 per month, includes breakfast and lunch both days. Total program cost is \$2970.00. There is a \$300.00 discount for payment in full if payment is received by January 31, 2010. A \$200.00 non-refundable deposit is due at the time of enrollment to secure a place in the class. We accept payments by check, cash and/or MC, VISA and DISCOVER Cards.

Accommodations: There are two local hotels in Tomales and nearby Valley Ford.

If your plans include overnight stay, please let us know and we will provide you with contact information.

Enrolling in the Program:

Enrollment procedure includes required application registration and deposit to secure a place in the class. Please contact Alyssa Aubrey by email (Alyssa@medicinehorseranch.org), or phone (707-878-2440) to discuss your goals for the program.