



Find your authentic voice

Return to wholeness

Listen to your heart

Living the Dream

Mandalas with equine soul message wisdom

Jan 2 & 3 2010

8:30 am - 5:00 pm

Castlerock, Co

Passion, Purpose and Creativity through Horse Soul Wisdom

Live a life of authenticity by receiving the inherent wisdom and healing medicine of the horse to find your passion and honor your voice. We all come into the world with our own unique DNA and therefore unique soul with its own vision and voice; we just seem to shut it down along the way. Learn to embrace and infuse the gentle guidance, messages and horse wisdom offered to each one of us to find your own special truth.

By the end of the Living The Dream workshop each participant will go home with an awakened self-awareness and a personal horse soul mandala to keep and cherish - a special memento to gently reconnect you to your soul while guiding you on your individual journey.

You will have the opportunity to indulge yourself in many contemplative and creative activities for two days as you explore and allow yourself the freedom to play. Come join us and hear what your unique soul has to tell you!

You will learn about why the horse is such a powerful and metaphorical transformational guide for your journey. Working with equine art, mandalas, guided meditations, journaling, and animal intuition, Cindy and Susan combine their unique equine experience and talents to integrate personal mandalas, the Tibetan windhorse, and the Native American medicine wheel into a powerful personal piece. Each modality embraces the concept of unity and "Oneness" of all creation; illuminating the path for a balanced and empowered life while helping you to achieve your goals and dreams. Additionally, you will learn to start to put together the pieces to identify and create your own passionate vision and listen to your heart.

No horse or art experience required!

Bring a lunch and we will provide drinks and snacks!

Class size is limited to ensure an intimate experience so reserve your space early!

call 303.697.5665 or 530.550.8929

email: susan@windhorseone.com or cyahart@yahoo.com

Workshop Fee: \$195 Creative materials fee: \$10 Credit cards accepted



To learn more about Susan and her equine art visit www.windhorseone.com



To learn more about Cindy and her equine facilitated coaching visit www.horseshelphumans.com