

Journey Into Awareness

Experiential Learning with Horses



Spring 2018 Dates to be Announced

Workshop runs Sunday 12-4pm (11:45am check-in)



From a Journey participant: " I loved being with the horses and experiencing the sense of being in the moment. The horses are able to show us so many things about ourselves!"

Join Hidden Acres Staff and Therapy Horses for a Journey...

Horses are dynamic, graceful and gentle creatures. It is the horses' sensitive and intuitive nature that allows them to reflect the feelings of others, providing valuable information about ourselves.

Participants will take a "journey" with the horse, designed to build self awareness. Using mindful activities participants will focus on building trusting relationships with other beings, creating intention, using body language and communicating non-verbally.

The Journey is a great session for anyone interested in developing greater self awareness. Horse experience is not required; all activities are unmounted (not riding).

Join us at Hidden Acres Farm, 45 Gabriel Drive, Naugatuck, CT 06770

Attendees will take part in hands-on ground exercises, not riding. To register, complete bottom portion & return with payment. Space is limited to 6 participants. Cost: \$125 per person. Email questions to: hiddenacres2@gmail.com.

Complete & return this section

Please send me info and dates for the Journey workshop in Spring 2018

Name: _____ tel. _____

Address: _____ Zip _____

Email _____ Occupation _____

(select one) I have no horse experience ___ Some horse experience ___ Significant horse exp. ___

No horse experience necessary to participate in this program.

Please make check payable & return to: Hidden Acres TRC, PO Box 1879, Naugatuck, CT 06770
www.hiddenacrestrc.org