

THE HEART OF RELATIONSHIPS THROUGH THE WAY OF THE HORSE

A 2 day Epona Introductory Workshop
28-29 April 2012, Lusk, Co. Dublin

Would you like to discover a better way to feel connected and improve your relationships?

Our lives and happiness depend on successful and fulfilling relationships.

Horses teach us the importance of self awareness, authenticity, clear boundaries, flexibility and co-operation in handling the relationships in our lives.



This 2 day course will give you an opportunity to explore your connection to yourself, other people and the world around you.

Using The Epona Approach™ we will work with our equine co-facilitators to:

- **Become aware of our boundaries and how they affect our relationships**
- **Understand the messages behind emotions**
- **Reconnect to our body's wisdom and the voice of the heart**

This workshop is suitable if you would like to learn more about yourself and relationships and would be interested in experiencing the reflective presence of horses. This is a non riding workshop and no previous horse experience is required.

The facilitators are Yvonne Monahan, Epona Advanced Approved Instructor and Shelley Carr, Epona Approved Instructor. Yvonne and Shelley trained in Arizona with Linda Kohanov, author of "The Tao of Equus" and "Riding Between the Worlds". For further information please visit their websites www.humanhorseharmony.com and www.equinesoulconnection.com.

For information and booking, please contact:

Yvonne Monahan at yvonne@humanhorseharmony.com or +353-868312840

Cost of workshop - €450 to include lunch, snacks and materials

Earlybird price - €400 if you book by 18 March 2012

Maximum of eight participants