

# Way of the Horse: the Epona Approach



**Generation Farms**  
Nanaimo BC Canada



Horses have a highly developed ability to respond when we are congruent and fully present. The interspecies connection between human and horse reconnects us with the natural world and creates endless possibilities for learning. Come experience *the way of the horse*.

*Saturday and Sunday*  
*September 17 & 18, 2011*

## **If you want to enhance:**

Living in the present moment  
Mindfulness  
Connection to your core  
Intuition  
Interconnection  
Emotional flexibility  
Accepting relationships  
Instinctive boundaries

**...this workshop will interest you.**



*Way of the Horse will include Epona concepts: the message behind emotions, energetic boundaries, False/Authentic Self, body scan, 8 essential skills through activities meet the herd, body scan, reflective round pen and more. The Epona Approach was developed by Linda Kohanov, author of The Tao of Equus, Riding Between the Worlds and Way of the Horse.*

Register by calling **250 754 7703** or emailing [marassoc@telus.net](mailto:marassoc@telus.net)  
\$395 plus HST; snacks, drinks and materials included; bring a bag lunch.

Visa and MasterCard accepted

For more information about the workshop contact [info@generationfarms.ca](mailto:info@generationfarms.ca)

Deborah Marshall MA RCC is an Advanced Epona Instructor. An experienced counsellor and a lifelong horse owner, she is the owner and founder of Generation Farms where she offers Equine Facilitated Wellness programs and professional training. Deborah works alongside Emily Pelletier EC Coach and MA in Assisted Mental Health, Generation Farms Interns and Child Care Workers, and the Generation Farms herd.

*"The happiest life is that which constantly exercises and educates what is best in us."*

*Hamerton*



[www.generationfarms.ca](http://www.generationfarms.ca)



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