

The Power of Horses



Generation Farms
Nanaimo BC Canada



Horses have been known for their strength, beauty and performance. Discover how the true power of the horse is their ability to bring us back to ourselves.

Go out of your mind and into your senses.

Monday August 1, 2011
(civic holiday)

You will experience the core concepts used in the Generation Farms Equine Facilitated Wellness Program:

- Connecting through your senses
- Present moment focus
- Body awareness
- Emotional honesty
- Shifting focus of attention



These simple concepts, practiced in the company of horses, will help you reconnect with yourself and your true nature.

Register by calling **250 754 7703** or emailing marassoc@telus.net
\$195 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

All activities will be on the ground. No previous horse experience required.

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.

www.generationfarms.ca

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