

# Conscious Living Workshop

Come with an Open Mind. Leave with an Open Heart.

## Horses, Somatics and Spirit: An Equine-Guided Program in Conscious Living

**Beverley Kane, MD &  
Ariana Strozzi, MSC**  
**August 19—21, 2011**



Horses are consummate teachers of somatics and somato-spiritual consciousness. Equine-guided experiences draw upon the physical and metaphysical nature of the horse to help us practice mindfulness, clear communication, and enjoy relationship. Horses rekindle our playfulness and feelings of peace and well-being. When horses react to our body language and energy, we learn to trust our somato-spiritual cues in response to asking:

- Am I living a life that honors my higher purpose?
- Is my daily life aligned with my ethical and spiritual values?
- How do I contribute to the whole to which I am fundamentally connected?

We will use breathing and movement practices drawn from tai chi, Vipassana meditation, Jacobsen progressive relaxation, and natural horsemanship to connect with horses and with our whole and greater selves.

All exercises with horses are non-riding, performed on the ground. No previous horse experience is required. Participants will learn and experience:

- The state-of-the-art of research on horse-human physiology, psychology, and parapsychology
- The Four Ways of Wisdom based on Carl Jung's classic Psychological Types
- Somato-spiritual practices for daily living
- Somatic indicators of clarity of purpose and intention
- Validation of intuitive abilities and sensate knowledge
- Basic techniques for inter-species communication
- Alternate states of consciousness through connecting with animals and the land

**Beverley Kane, MD**, is a program director for *Medicine and Horsemanship*, a course that teaches interpersonal skills to health-care professionals, at Stanford School of Medicine in Palo Alto, CA. She is the author of *The Manual of Medicine and Horsemanship—Transforming the Doctor-Patient Relationship with Equine-Assisted Learning*. [www.horsensei.com](http://www.horsensei.com),

**Arianna Strozzi, MSC** is founder and principal of *SkyHorse* and the *Equine Guided Education Association*, and is an internationally recognized pioneer in Equine Guided Education. She is the author of several books and DVDs including *Horse Sense for the Leader Within*. [www.skyhorseranch.com](http://www.skyhorseranch.com)

### EarthRise at IONS

is located on 200 acres of scenic rolling hills 25 miles north of San Francisco, easily reached from both the Oakland and San Francisco International Airports.

#### Workshop fees:

\$325 EarlyBird Fee thru July 24, 2011

\$355 Regular Fee thru August 15, 2011

Fee includes freshly prepared meals Friday evening thru Sunday lunch. Lodging is extra.

13.5 Continuing Education Credits are available.



## EarthRise at IONS

For more information and to register visit [EarthRiseIONS.org](http://EarthRiseIONS.org)  
email [workshops@noetic.org](mailto:workshops@noetic.org) or call 707-779-8202

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