



Saturday
31 January
09:00 – 17:00

Discover Yourself through The Way of the Horse

Let them gently guide you to an awareness of the behaviour patterns that keep you from reaching your true potential.

Experience activating your whole brain and body to inspire a deeper awareness of your own natural abilities and creative talents.

Learn to:

- Listen to the messages behind emotions
- Trust your gut feelings & intuition
- Establish & maintain clear & consistent personal space
- Effective communication via non-verbal skills

Facilitators are Megan Jackson (Epona Equine Experiential Learning Instructor)
& Megan Main-Baillie

Methodology is based on the work of Linda Kohanov,
author of *The Tao of Equus* and *Riding Between The Worlds*

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| To Register: | Contact Megan Jackson at megan@trilan.co.za or 082 651 1430 |
| Enrolment Deadline: | Friday 23 January (Booking Essential) |
| Class Size: | Limited to 6 participants |
| Workshop Location: | Norfolk Road, Carlswald, Midrand, Johannesburg |
| Cost: | R600 per person (excludes lunch) |

This workshop is suitable for anyone interested in exploring human potential through the human-horse interaction.

Absolutely NO horse experience is necessary!