



CHIRON'S WAY

The Art of Equus

A Chiron's Way Enhanced Facilitator Program

Enrich Your Equine Practice with Creative Expression and the Arts

Whether you want to enliven your equine related practices with creative expression and the arts, or are on a personal journey of joyful discovery, The Art of Equus Series is for you.

The combination of these modalities provides a powerful catalyst for personal development. Horses motivate us to examine our boundaries, to understand the wisdom of emotions, and to nurture empathy while creating peaceful solutions. Add to that the ability to explore said lessons through creative expression, a medium that goes deeper than words, and you have a way of inspiring and supporting growth that will take your learning and your practice to a new level.

AUDIENCE:

FOR anyone interested in adding an Equine Arts Curriculum to their professional repertoire (combining the healing power of expressive arts with the transformational teachings of the horse)

FOR anyone who would like to delve into their own creative process

FOR anyone who thinks they can't teach/learn/share the wonder of the arts because they are not "good at art" or feel inhibited by a perceived lack of artistic ability

Expressive Arts help to integrate the lessons offered during therapeutic, educational and leadership programs. They enhance learning outcomes and goals whether you work in a corporate setting with executives on effective leadership, explore communication amongst family members or encourage peaceful problem solving with at-risk youth.

And for those of you who are concerned about your lack of artistic training, **REJOICE**... as no art experience is necessary to enjoy the benefits of expressive arts...I promise.

This Experiential Workshop will address the following:

- **What exactly are the expressive arts**
- **Why are the arts such an effective companion to equine activities**
- **How to integrate the horses' lessons in a language that transcends words**
- **Why working with imagery is so healing**
- **How to engage your creativity with hands on activities**

After this workshop you will:

- **Be able to apply the techniques you have learned to your program immediately**
- **Acknowledge your own ability to transform any idea into something delightful**
- **Appreciate the vast number of ways the expressive arts can enhance ANY equine program with any clientele**
- **Realize that everyone can be an expressive artist**

Facilitator:

Sandra Wallin, MA, is a registered clinical counsellor, an expressive arts therapist, a teacher and author whose private practice near Vancouver, British Columbia integrates the arts with equine guided development for individuals, groups and teams. Sandra teaches and lectures internationally on the healing power of horses and the equine arts.