

# **She Walks With Horses**

## **Empowering Women Through the Way of the Horse**

**When I was six, I was a horse** ... writes Mary D. Midkiff. Inside many of us lives that young girl who dreamed of horses and perhaps believed she was one. There is a mysticism attributed to the connection between women and horses. Books have been written about it, dreams inspired by it, and in today's world of hectic schedules and disconnect, horses are calling us back to the herd, where we reconnect with joy and grace, empowering our perspectives, in partnership with the horse.

**She Walks With Horses** is designed to support and nurture the strengths that each of us possess, building on the belief that true connection and balance emerge from a clearer understanding of self in relation to other. During this workshop, we will engage the wisdom of horses through uniquely created activities, allowing us to:

- Explore effective communication
- Establish and maintain healthy boundaries
- Practice the art of self-responsibility
- Discover the wisdom of emotions
- Experience the joys of belonging to an authentic community and become familiar with the skills required to create them

### **What Horses Offer Us...?**

Horses instinctively reflect authentic communication, clear boundaries, social courtesy, confidence and intent. The highly attuned sensitivities of this prey animal call upon us to un-complicate our approach, trust our instincts and balance reason with intelligent emotion.

**Sandra Wallin, M.A.** is the founder of Chiron's Way, an organization dedicated to personal and professional development, specializing in the transformative process of equine experiential learning. Sandra is a registered clinical counselor, an educator and a Certified Epona Practitioner who integrates the expressive arts with equine guided learning in workshops across Canada and the US, as well as locally in her private practice.

**Leslie Ross M.Ed.** is a psychotherapist in private practice in Vancouver, BC. As well, she is co-founder of Windhorse Awareness Program, an equine facilitated personal development program on Salt Spring Island, BC. Leslie interweaves therapeutic, shamanic and equine facilitated psychotherapy skills to encourage individuals to gain awareness and consciousness, inviting a deeper connection with self and others.

This gathering will be limited to 10 participants.  
Please bring a bagged lunch, your journal and dress for the being outside.

**Location:** Chiron's Way Centre in Maple Ridge

**Dates and Fees:**

[See web calendar for upcoming dates and fees.](#)

Payment is by cash, cheque or money order  
and a one hundred dollar transferable  
deposit will **hold your space.**



**To register please contact:**

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