



Imbolc February 2nd 2013- Learning from horses

On February the 2nd we will be celebrating IMBOLC- the time of year when our earth returns to green and rebirth in the cycle so we will be focusing on a new year, new you, new beginnings as the world turns back towards the light; and hope & healing. Due to the colder temperatures, it will be a half day workshop in the form of a taster and will run from 9.30am-1.30pm and will cost £50 and will held in Brenchley, near Tunbridge Wells in Kent.

In this workshop we will be dividing the time between spending some hands on time with the horses outside and then, in the sheltered area, some group process time, discussing the themes and what may have come up with the horses, and some archetype work. With the horses we set up a series of exercises for you to do with the horses (all non ridden) which create opportunities for some self reflective work and possible insights about yourself and relationships with others and allow for an opportunity to experience an authentic connection to the horse. Our focus is very much about what can be gained through the mutual relationship one can develop with the horse. We enjoy working with the seasons and our surrounding environment and nature, hence the 'Turning of the Wheel series'. Imbolc is a 'festival of the hearth and home, and a celebration of the lengthening days and the early signs of spring' and our focus will be about what this time of year means for you.

The workshop will be facilitated by myself, as the Equine Specialist, and Ronni Wilson, an IATE reg UKCP Psychotherapist.

Contact Cat on 07950 690089 or email info@equineaffinity.co.uk for further info or a booking form

