

## Being With Horses: Part 2 A Soul Journey



CPF invites you to observe and interact with our therapy horses. We provide a natural setting for you to build a new way of relating to yourself and others.

### Why Horses?

Horses are powerful mentors and spark connections to inner knowing and change. Through interactions with our horses, participants learn self-awareness which helps to reveal patterns of behavior. Once these patterns are revealed, thinking, responding and reacting in a new way becomes possible. Being with horses provides opportunities for learning life skills such as trust, respect, honesty and communication. You will have the possibility to experience and practice new skills while observing and interacting with our horses. No need to have any experience with horses.

Each class includes *Being* with the horses and *Being* in nature

### Class 1: Special and Unique - Wed May 11, 2022, 6:15 - 7:30

- Engage with horses as special and unique creatures
- Nature as a catalyst for inner knowing and reflection
- Recognizing my special and unique

### Class 2: Relationship Wed May 18, 2022, 6:15 - 7:30

- Being in relationship with my Big S Self (Higher Self)
- Letting go of what no longer serves me
- What's in it for Me - Calm, Peace, & Joy

### Class 3: Mindfulness - **Thurs** June 2, 2022, 6:15 - 7:30

- Grounding, Centering and Presencing
- Awareness, Developing and Trusting My Intuition

Dates: Wed May 11, Wed May 18, **Thurs** June 2, 2022

Time: 6-7:30 pm

Fee: \$150 for 3 class series. Registration required. Payable on CPF website or at class

Location: Creating Pathways Farm, N87 W22349 N Lisbon Road, Sussex, WI 53089

To register visit [www.creatingpathwayfarms.com](http://www.creatingpathwayfarms.com), email [creatingpathwaysfarm@gmail.com](mailto:creatingpathwaysfarm@gmail.com) or call 262-424-5885.

You will spend class time observing and interacting with horses from the ground. Dress in barn attire and for the weather as activities will be outdoors. Wear closed toed shoes or boots. Bring a notebook and pen.

Instructors: Ann-Christin Kloth, Gait Ways, LLC

Rose Koremenos, RN, BSN, Holistic Healing Practitioner, RAK Energywork, LLC

For bios visit: Creating Pathways Farm - [www.creatingpathwaysfarm.com](http://www.creatingpathwaysfarm.com)