



Being With Horses: Part 3 Your Sensate Self

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: Sensate Self July 13, 2022, 6-7:30 pm

- Softening and Expanding my Senses
- 3 I's of the Third Eye (6th Chakra) - Intellect, Imagination, Intuition
- 4th Level of the Auric Field

Class 2: Opening To Receive July 20, 2022, 6-7:30 pm

- Becoming the Observer of the Monkey Mind
- Quieting Calming Mind
- Creating Open Heartedness

Class 3: Expanding Consciousness July 27, 2022, 6-7:30 pm

- Connections
- Integrity
- Self Awareness and Self Care

Dates: July 13, 20, 27, 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, email 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