

Dancing in the Stillness of the Heart



With the Spirit of the Horse

Imagine attracting love by being the presence of stillness and safety in a world of chaos and fear. Horses mirror our true nature and hold us accountable to our highest truth. In the presence of horses, you will experience the stillness of the heart.

In this experiential workshop, we will partner with the instinctive and natural wisdom of the horse to assist you in:

- recognizing resonance in relationships
- creating and honoring boundaries
- causing horses to respond to your energetic field
- sending and receiving love
- understanding the messages behind your emotions
- establishing a heart connection based in stillness
- experiencing a new sense of peace and confidence in yourself

Facilitator:

Allison Ingels is an Equine Experiential Learning Facilitator specializing in inspired living and healing from the heart. She facilitates equine experiential learning for personal, professional and spiritual growth.

Presented

March 20th 9:30am-5:00pm Cost: \$150



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For reservations, call 214-957-3374 or email aingels@aol.com
Individual sessions available by appointment.