

Heart's Wisdom



- Do you crave connection, both with nature and your truest self?
- Do you wish you could access the wisdom of your own intuition?
- Are you longing to feel grounded and at peace, even when life gets crazy?

Join us for this innovative workshop. We'll explore ways to listen to our inner knowing. With the help of a herd of wise and gentle horses, we will begin to understand what can be known when we slow down, open our heart, and connect.

No horse experience required.

All horse activities take place on the ground.

Why Horses?

Horses have an incredible sensitivity to the energy around them. They live in the moment and are totally aware of everything around them. Their ability to pay attention to us and them, makes them very effective in detecting and mirroring our internal state. This helps us grow our awareness so that we can learn how to respond more effectively.



June 17-18, 2023

OR

July 15-16, 2023

9 am – 5 pm

at Reclaim Connection Ltd., Wetaskiwin, AB

\$495

The unique opportunity can accommodate 4 participants per workshop.

Snacks and beverages will be provided. We ask that you bring your own lunch.

Barb Ganske, Eponaquest® Instructor, Internal Family Systems-informed Practitioner, Somatic Experiencing® Practitioner-in-Training, is an avid horseperson, musician, gardener, businessperson, and life-long learner. Her current studies are in body-centered trauma recovery. Barb's horses are a continual source of learning and self-awareness for her. She created Reclaim Connection Ltd to offer people the opportunity to connect with and learn from these amazing horses.

