



# ***In the Field with Horses*** **An Equine Writing Adventure**

**May 1st, 2010**

Join us for an inner journey, *In the Field with Horses*. Through facilitated interactions with horses, you will inspire your own creative voice and express it through writing. No riding or writing experience is required for this afternoon workshop. Let curiosity and your desire to experience *the way of the*

*horse* be your inspiration.

For centuries, horses and humans have had a special bond. Horses have inspired man in multiple ways. At first mans relationship with the horse enabled him to be more swift and mobile. Over time we have come to learn that *the process* of joining in relationship with the horse can broaden our awareness and bring us *back to our nature*. Over the millennia, mans profound and evolving relationship with horses has gained them archetypical status in our collective psyche.

As herd animals, horses live in a state of expanded awareness or *resonant energy field*. We could describe this state as non-linear or right brained. This state in humans is considered creative in nature. By tuning into *the way of the horse* we expand our own subtle awareness and spark our creative voice.

**Held at The EquuSatori Center in Sebastopol CA.**

**\$70 workshop fee**

**May 1st, 2010**

**From 12:30 - 4:30 p.m.**

**Layers and hat are suggested; sturdy shoes that protect your toes are required.**

**Email; Lizbeth Hamlin <[lizbeth.hamlin@me.com](mailto:lizbeth.hamlin@me.com)> to register and for directions.**

**Early registration is recommended.**

Lisa Walters and Lizbeth Hamlin MA, LMFT Co-Facilitators

Sebastopol, California P.O. Box 989 95473 707.322.4955