

Earth Song

An Equine Psycho-Spiritual Journey

by



Earth Song is a two day intensive workshop. This psycho-spiritual journey facilitates a connection with deeper aspects of the Self through ground activities with horses and earth based ritual. Participants will gain a deeper consciousness regarding their connection to the earth and all sentient beings. Day one explores discovery of our personal life stories through the myth of the Hero's Journey and the active psychological themes embedded within them. Day two will involve looking at the concept of "Personal Medicine" (the influences and energies that one has as sources of healing and transformation). Activities with horses will be utilized to connect to Spirit and help transcend alienation from nature, ourselves and one another. This two day intensive experience creates a sacred space for healing of the individual and allows this awareness to be brought back to other aspects of a person's life including family and community. **All activities are unmounted and no horse experience is necessary.**

For more information call (585)-392-3492

Day One: 8:30 – 4:00

Welcoming
Opening Ritual Preparing for the Journey
Meditation of Thanksgiving
Ceremony of Re-Bonding with Horses
Ceremony of Reawakening with Horses
Lunch Provided
Psycho-Spiritual Journey with Horses
Reflective Journaling
Closing Ritual

Day Two: 8:30 – 4:00

Opening Ritual
Reflective Dream Journal Sharing
Archetypes as Psycho-Spiritual Energy
Preparation of Medicine Wheel
Lunch Provided
Medicine Wheel Ritual with Horses
Reflective Journaling
Closing Ritual