
Harmony with Horses

Harmony 2

August 10th – 13th, 2009

Mission

*To develop 'being' through spiritual attunement, the power of positive thinking
And the essence of life to promote self-realization and
Acceptances of movement, flow and change.
Live well. Ride free.*

Be a part of this mission...

The Retreat Concepts:

Continuing connected success

On the ground...

- Inner voice: (+) & (-) thought patterns influence the ability to focus energy
- Finding freedom - 'Power of Intention' – letting go
- Core development to strengthen and relax the rider
- Balance electrical circuits to promote positive energy flow
- Observe the dynamics of nature

On the horse...

- Powerful visualization: affect your body position, horse behavior and movement
- Trust: further development of the relationship between horse and rider
- Relaxation and meditation to a deeper awakening of feeling and connection

Personal DVD of retreat highlights

Breakfast, lunch and dinner will be provided as part of the Retreat Package.

All Retreat participants are welcome to camp on-site during the retreat.

(Please note there are no amenities available for showers).

Evening group social and activities.

Horizon Equine Facility

www.horizonequine.com

670 Silver Creek Road * Cranbrook, BC * V1C 6X7

(250) 426-7981

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*Harmony 2 is an integration of the concepts learned in Harmony 1 and the core development of **present moment** awareness of the body/mind relationship. Put a stop sign on the future and forget the past, be in the moment on this journey... sense life, yourself and your horse right NOW!
Desire every moment of awareness and have a wonderful time on your 'Horseback riding holiday'!*

Harmony 2 Basic

\$495.⁰⁰ + 5% GST

- Activity and theory
- Meals (Tues- Thurs)
- DVD video of highlights from Harmony 2
- Horse stabling
- Harmony 2 Participant Certificate
- Harmony 2 Ball cap
or T-Shirt size _____

Please check one

Harmony 2 Deluxe

\$595.⁰⁰ + 5% GST

- Activity and theory
- Meals (Tues - Thurs)
- DVD video of highlights from Harmony 2
- Horse stabling
- Harmony 2 Participant Certificate
- Harmony 2 Ball cap
and T-Shirt size _____

Please check one

Plus! *Treat yourself to one of the following:*

- Relaxing Massage (1 hour)
- Energy Balancing Session

Payment is due as follows:

- **\$150.⁰⁰ down-payment upon registration**
Down-payment is non-refundable, unless we can fill your spot
- **Balance due by August 1, 2009**

Please make checks payable to Horizon Equine Facility

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Registration Form
Harmony with Horses Retreat
Harmony 2
August 10th – 13th, 2009

Name: _____

Address: _____

Phone #: _____

Emergency Contact # _____ 2nd: _____

Allergies? Y or N, if Yes _____

Diet restrictions? Y or N, if Yes _____

Prerequisite for Harmony 2 – Harmony 1 and rider must be able to bring a horse and have previous riding experience. Horse and rider must be comfortable to walk and trot on a loose rein in a group situation.

Riding experience/ level: _____

What interests you to participant in this retreat? _____

Will you be camping overnight? Y or N

Extra things to remember:

- Small notebook and pen to note your new ideas and concepts for quick review
- Riding boots & helmet (optional for riders 18+)
- Comfortable shoes and clothing that is in accordance with the 'predicted' weather
- Water bucket and hay for your horse

Other Notes:

This retreat will have a small participant enrollment to enable us to give each participant the greatest opportunity for success and personalized instruction, please book early to ensure you get on the path with us.

This is a 3½-day event. Please arrive at Horizon Equine Facility on the evening of Monday, August 10th prior to 7pm. Activities commence Monday evening and follow through to Thursday evening. Participants are welcome to stay overnight on the last day of the retreat Thursday August 13th and depart Friday morning. Each day will begin at 8am.

Stallions are not permitted.

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Additional items:

Please complete the following and bring this sheet with you when you come to the retreat.

1. Do you feel resistance in your life?

2. Do you have pain? Where does it come from?

3. Describe your personality. What stands out the most to you?

4. Out of the following colors, which do you like most and which to do you favor the least? (Don't ponder on this, go with your first answer and circle it)

Most favorite

Red
Orange
Yellow
Green
Pink
Turquoise
Blue
Violet

Least favorite

Red
Orange
Yellow
Green
Pink
Turquoise
Blue
Violet

Along with this form, please bring:

- CD with your favorite song
- A separate paper with a list of any 'negative stuff' that you feel burdens you.
These burdens may be in the form of:
 - feelings (anger, frustration, grief)
 - thought patterns (weakness, judgmental, rigid)
 - physical existence (work place, specific person in your life, object)
- A picture of you in a happy, peaceful moment in your life

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Monday evening

7pm Introduction and presentation of the retreat format
Highlights of Harmony 1 concepts and ideas of awareness
Development of 'being'
'Thankful affirmation'

Tuesday

Morning Riding review of 'The Four Basics & Grounding' and additional concepts of centered riding
Inner voice & translation to riding
Effects of past/ present/ future riding

Afternoon 'Present Moment' awareness
Universal Laws- the profound effects on our lives

Evening Group trail ride

Wednesday

Morning Developing the trust and awareness on horseback
Improving the communication between horse and rider
Visualization for positive action

Afternoon Energetic remedies
Universal Laws - overcome the biggest critic and rigidity

Evening Invitation to spiritual release

Thursday

Morning Integration of concepts (laws/ visualization/ communication/etc) on horseback
Observation and discussion
Horseback meditation

Afternoon The body's electrical system
Cranial Sacral work with the horses

Evening The power of *NOW!*

In this moment, the path is easy to follow...

Schedule subject to change at anytime.

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