

# *Horse Whispers ~ May 2015*



## AROBRIDGE-EQUINEFIRST

*We have had a very busy time at Arobridge- Equine First in April and May with the Dentist and Farrier coming to tend to our horses.*



*Thankyou Kaye Manning (Equine Dentist) & Maxwell and*



*Jonathon Keast (Farrier)with Oscar*



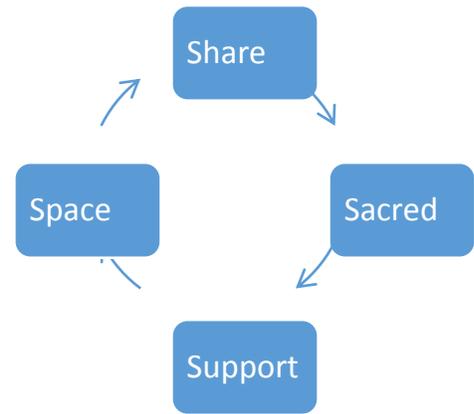
*Lorraine and Basil*

*Our weekly Equine Assisted Experiential Learning sessions are continuing along through the wet season and Oscar is proving to be a very wise and loveable part of our therapy team.*

*Our training days are progressing with Lorraine (our Herd Manager) often bringing Basil or Pip along to train with our Horses,*

*Gypsy has had some time resting her back leg after hooning through the paddock. A visit from the vet told us that she is perfectly fine.*

*Maxwell, Gypsy, Sarg Cherokee and Oscar take great delight in jumping across the drain and chasing each other around. This tells me that they are happy playing in the mud, especially when I bring them in and I see the mud is ground into their manes and tails.*



***Arobridge-Equine First ~ Pathways ~ 15<sup>th</sup>, 16<sup>th</sup> & 17<sup>th</sup> May 2015  
2 days of the Eponaquest Introductory workshop and the 3<sup>rd</sup> day of Deeper connection, intuition and awareness.***



***Oscar having a bit of R & R- Relaxation and Roll***

*Our Horses were warming up and Oscar decided he would have a happy roll as if he doesn't have a worry in the world.*

*The Horses all take every workshop in their stride. We worry but horses don't, they deal with every moment as it arises ~ living in the moment and maintaining the connection to their little herd and in their environment.*

*We had a great group of people. The weather was everything from driving rain, extremely windy, sunny, cloudy, cold and hot. It made for a very flexible programme which everyone including the horses handled with grace and laughter.*

*Thank you all for such a wonderful workshop. Our shared lunches were also an amazing array of scrumptious morsels to tempt everyone's taste buds. Very well received by everyone. Thank you.*

*Oscar and Cherokee decided the circle was where they wanted to be. We thought Oscar was going to sit in the chair and take the place of Lorraine. They are very interested in our discussion on False self and wearing a mask.*

*It's quite a relief to take off the mask*



*Annie the Cat also decided to join us over the 3 days along with the Kereru or wood pigeon (Trust), Tui's (Alignment) and Fantails (Joy), we even had 3 Rosella's (Australian Parakeets) join us....So much came to say hello.*



*We had a great time exploring a deeper heart connection through trusting ourselves to stand in our own truth. Recognising and respecting others/ and our own boundaries helps to establish authentic balanced relationships, effective communication and leadership. Often the Horses bring forth various emotions and as they arise we are able to take a look into why, how and where they came from and allow ourselves to let it go within that sacred space of possibility that supports us and enables us to feel safe enough to let go.*

*The exercises we do are always great to bring in*

- *respect...for both Horse and Human,*
- *Trust ...once we have trust from both Horse and Human we can carry on to*
- *Connection ....that's when we feel through the heart~ both Horse and Human, and then we can continue on to*
- *commitment...where we can do what our Hearts desire would want us to.*



*Meditation and Visualisation*



*Relaxing with Sarg*

*Working within the Eponaquest code of Ethics we can facilitate Individual, Families, Groups, teams, Corporates, schools and Holiday programmes. We design our programmes to suit our clients needs.*

*Authentic community building*

*Authentic Communication*

*Access your intuition*

*Establish authentic relationships*

*Develop emotional agility*

*Develop authentic communication and leadership*

*We are happy to discuss any workshops or courses with you. Our details are:-*

*Kathy Marx: Eponaquest Instructor (RFI)*

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*Look up our website for further information or give me a call.*

*Happy Horsing,*

*Kathy, Gypsy, Sarg, Oscar, Maxwell & Cherokee*