



*Equine Self Expression's  
Healing, Growth and  
Learning Workshops~  
Through The Eyes of  
Equus*



***Foundation Workshop  
"Calling on the Inner Self ~ Who Am I"***

**Presented by Equine Self Expression and The School of Connected Riding  
This is a required class for all up and coming Connected Riding practitioners, current practitioners and anyone thinking of becoming one.**

The **Foundation Workshop** introduces the idea of the self-exploration concept through the journey of equus. It is this experience that assists us in recognizing our own areas of misaligning beliefs and lack of self-trust. This experiential workshop is facilitated with a small herd in a group environment, allowing each individual to explore their own personal growth journey at their own rate as reflected by the horse.

The '**Foundation Workshop**' is a pre requisite to all other workshops in this series

**WHEN: September 14-16, 2018 ~ 9:00am - 5:30pm**  
**WHERE: Wild Plum Farm, 7510 NE Todd Drive, Corvallis, OR 97330**  
**COST: \$650.00 per person**

Horses provided, maximum participants -8  
This is a non riding workshop and is not open to auditors

Equine Self Expression offers a series of workshops related to individual and group Learning, Growth and Healing. Our workshops build upon each other and provide participants with a solid internal foundation for their journey of self-exploration. As the workshops progress individuals find themselves clearing away more and more self imposed obstacles based on fear, belief systems, indoctrination and unfulfilled dreams.



Many individuals chose to participate in the entire series of workshops in the order suggested over the course of several years, treating themselves to an internal vacation each year!! Other people begin with the mandatory first workshop but there after pick and chose depending upon their particular needs.

**For more information please contact:**

Debbie Davies at [equestrianeducation@juno.com](mailto:equestrianeducation@juno.com) – for workshop information.  
Karen Cheeke at 541-740-8837 or [kontessakeen@hotmail.com](mailto:kontessakeen@hotmail.com) - for registration.