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## ***Horse Spirit Connections Newsletter***

**March 2013**

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### **Upcoming Workshops**

#### **Discover Your Inner Self**

March 23 & 24, 2013 **FULL**

April 27 & 28, 2013

May 25 & 26, 2013

September 14 & 15, 2013

#### **Authentic Leadership**

May 11, 2013 (one day)

#### **FEEL Training**

Begins May 29, 2013

#### **Horse Medicine**

June 14, 15 & 16, 2013

October 18, 19 & 20, 2013

#### **Couples Workshop**

June 29 & 30, 2013

#### **FEEL Training British Columbia**

Begins July 10, 2013

#### **Connected Riding**

July 21 & 22, 2013

#### **Heart Connection**

September 7 & 8, 2013

[To register click here!](#)



**HORSE**  
**spirit**  
connections

## **The Promise of Spring**

Although there is snow sparkling all around me, I am sitting outside on our patio bathed by the warm rays of the sun. The sky is a beautiful azure blue, lighting my spirit. All my senses open to nature surrounding me.



I am struck by the abundance of birds flitting about - both the winter birds, the spotlight being on the bright red cardinal perching on a bare branch, and those coming back for the warm spring. What a delight to hear once again, the songs of the birds choosing to come back to our sanctuary each year. It fills my heart with joy as the promise of spring is busting forth all around me.

Shifting my gaze, I see Papillion (our lead mare) lying down on the snow. Her fuzzy, dark bay coat is highlighted in the shining light of the snow and her statuesque body (I didn't say fat Papi!) reclining gracefully. What a gift to see Papi, who is usually on alert for her herd, so relaxed with her head stretched out seeking to take in this gift of a stunning spring day. Something awakens in me, a yearning to connect to that deep place inside - to fully embrace and celebrate the essence of who I am. Uniting with all of life!

This is one of the many gifts horses bring about - they lead us to a new place of opening within ourselves - a place of hope, new dreams. Being with horses allows a space to be created where we can consciously connect to the magic of our spirit.

Let your inner self be birthed this spring with the incredible horses at Horse Spirit Connections. See our upcoming workshops.

I look forward to joining you in this transformational journey!

Wendy  
Horse Spirit Connections

## **Memoriam for Monty**

**By Victoria Poe,**  
**Horse Spirit Connections Advisory Board Member**

Monty, moving from this world to the next, holds wisdom not only for people who encountered his physical presence but also for people who are open to feel his spiritual presence at Horse Spirit Connections. I would say that the greatest teachings Monty showed me was how he held space for the persons who were engaging with him



*"The horses, facilitators, and participants were instrumental in supporting me for the entire workshop.*

*I did not believe feeling and receiving so much was possible. The horse has allowed me for the first time in my life to feel connected to another's heart and soul.*

*Horses have saved my life and shown me a way to heal that I have been searching for - but had lost hope to find."*

**NB, Barrie, Ontario**



and for the herds that roamed the land on the farm. I sensed he had traveled all the seasons for many lifetimes. As I looked at his eyes and felt him, I could travel to a place to learn more about myself. He stirred emotions within - he held you.

A boy, who was part of group leadership training session, had his white shirt streaked with green goo. When asked what he had on his shirt, he proclaimed with pride, "This is a souvenir from Monty!" After eating some grass hay, Monty had rubbed his muzzle against the teenager when he had approached to greet him. The mark of green grass stain stayed with that boy all

day - he chose to be near Monty whenever possible. How does a horse make such a connection? Why did that young male gravitate to Monty? That is where the teaching of horse and trusting intuition creates beauty. That is the magic of a horse like Monty.

Monty, the black horse elder, over 30 years old, surprised people at times with his youthful spirit. During 'meet the herd' he was often referred to as active, attentive and wise. He was one of the horses that would nudge open his stall door latch to walk outside as he pleased. One day I found his stall door open, ran outside to watch him enter a field by an open gate and break into a gallop. I felt admiration and joy.

Some people gravitated to him instantaneously. As most animals, he had his habits - such as a repetitive habit of 'cribbing' in his stall. This behaviour sometimes reminded people of those vulnerable places where we get stuck and repeat unhealthy patterns. He also warmed the heart or stirred awe to an observer when he was in the round pen and would float in energetic stride around in circles creating the infinity or spirals as the person gazed upon him. When someone met Monty's energy, he would brush against that person, almost as if he was stroking them with his body, as an artist uses a paintbrush.

Monty also deepened my understanding of the cycle of life, moving beyond the physical body to the spiritual connection. When I first met the horses at Horse Spirit Connections, Monty was inescapable. He charmed me and also allowed me to embrace my ability to dance and move with my heart. He showed me how a spirit endures. The land transforms, a kiva is created at Horse Spirit Connections where his energy continues to move around those who open their hearts for self-discovery, change or an opportunity to just 'be' and celebrate in ceremony.

Thank you Monty - for being so majestic, sharing your presence and continuing to hold the space.

*Ed. note: Although Monty entered the spirit world last spring he continues to have incredible impact in many people's lives.*

## FEEL Certification Training

**Are the horses calling to you?**

**Do you want to deepen your connection with horses and yourself?**

**Do you have a strong yearning to help others?**

**Do you want to be at the forefront of a new healing modality?**



The FEEL (Facilitated Equine Experiential Learning) Certification program is suitable for coaches, educators, facilitators, equine professionals, wellness practitioners, and other individuals who are looking for practical training and experience in developing Facilitated Equine Experiential Learning programs in the expanding field of

Equine guided healing.

Participants discover their unique gifts and innate talents as they find their niche in this emerging field.

*"Taking the FEEL Certification course has changed my life. I have always been connected to horses spending time with them in a more conventional sense through training and riding them. I came to a point in my life where I was searching for a deeper more spiritual connection to not only horses but also in my daily life. After reading the Tao of Equus by Linda Kohanov, Founder of the Epona Approach where both Wendy Golding and Andre Leclipteux from Horse Spirit Connections received their training I could not contain my passion and desire to learn more about this field. I told Wendy in our first conversation that I feel that*

*carrying out this work is in my genetic make-up, not even knowing yet what was all involved in the FEEL program. I cannot say enough about the changes that have taken place in my life. I am a balanced, confident person experiencing first hand her true personal authenticity and power. The benefits are on-going. My soul is happy and whole. It is my honor to now share this healing work through my loving horse partners with others, so they to can feel their own personal authenticity and power. My connection to horses and people has deepened immensely. My heart is open and I am living my dream walking my soul's path."*

Suzanne Latchford, Picton, Ontario.

Participants learn to create a horse-centered, experiential learning environment that supports personal discovery. Throughout the training, prospective FEEL facilitators gain self-knowledge and acquire skills and experience to develop their own FEEL programs where horses are valued for their roles as teachers and therapists. Over 80 certified graduates are practicing across Canada, the United States and abroad.



**Empower your life and others  
by partnering with horses**

#### **Upcoming FEEL Trainings:**

**In Ontario commencing May 29th**

**In BC commencing July 10th**

For more information ... download the [FEEL Brochure](#), or visit [HorseSpiritConnections.com/learning](http://HorseSpiritConnections.com/learning)

## **The Rise of Epona**

**By Hillary Schneider  
A FEEL Graduate**

The birth of Epona Rise Retreat Centre has been a journey. One that has taken many years, many paths and a lot of dreaming before it has taken form. As I sit here on the beautiful space in Delta BC where our centre calls home I am struck by how all has unfolded to get us to where we are now. It began almost 2 years ago when I got the message to move to British Columbia, without knowing why I took a leap of faith and followed my heart out to the west coast of Canada. After living here for 9 months I got a very clear message again that it was time to find a facility to create space where the partnership and teachings of the horse could be accessed and provided to many. So the search for a space began and within 4 months we had manifested the land and facility in which we now call home. Our Centre is located in Delta BC which is 30 min outside of Vancouver on a sacred 17 acre farm. As we dreamed our vision into being the presence of Epona (the Roman goddess of horses) was strongly felt as our call with the horses came more powerfully into form. And so Epona Rise Retreat Centre was born, along with our beautiful herd of 5 horses that were patiently waiting for the time in which their wisdom would be seen and heard.



We felt Epona's presence never more fully than during our first workshop at our new space on Women Empowerment. It was a weekend full of births as we held the workshop in our new 60ft covered round-pen and where for the first time our herd was able to shine in their wisdom. It was a touching and powerful weekend for all of us and we were once again reminded at

the impact the horses have on our lives as they awaken us to our gifts, beauty and the spaces within us that are calling to be reclaimed.

"Thank you with all my heart to you, Zoe, and the amazing horses for such an empowering workshop! What a gift!" Karmin Manning

"Incredible experience with huge gifts from Hillary, Zoe, and the horses!! Hillary's herd are powerful and transformative teachers, facilitators and companions!! The partnership and facilitation with Hillary, Zoe and the horses was amazing!" Jody Beke

We are also excited at our partnering with Horse Spirit Connections in bringing their FEEL program out our space in BC to continue to grow the beautiful FEEL community we are blessed to be a part of. It is a call that is being felt by many an urging from the horses for even more of us to claim our space within their circle and spread their messages out into the world.

You can find us at: [www.epona-rise-retreats.com](http://www.epona-rise-retreats.com)  
or <https://www.facebook.com/EponaRiseRetreats>  
Connect with us: [hillary@epona-rise-retreats.com](mailto:hillary@epona-rise-retreats.com)  
or by calling (778) 874-4177



## Expanding the Horse Retreat

Driving through the entrance of Horse Spirit Connections leads people on a journey of self discovery. Numerous people have mentioned that as soon as they start down our driveway, they can breath deeply and feel enveloped by the nurturing energy of our horses and land.



Adding onto our beautiful farm, we have created the Horse Medicine Lodge. In the Lodge we have added to the Meeting Room, a complete kitchen and dining room, washroom facilities with a shower, and a cozy bedroom. In addition, there is now a sleeping cabin by the arena and a bedroom in the horse barn.

NOW you can sleep and dream with the horses when you take one of our workshops. Or plan a private retreat full of horse wisdom and spiritual coaching!



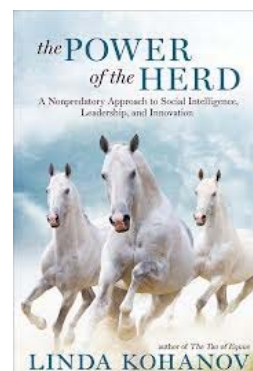
For details visit [www.HorseSpiritConnections.com/links](http://www.HorseSpiritConnections.com/links)

## Linda's New Book

Linda Kohanov, author of [The Tao of Equus](#), has published a new book! "The Power of the Herd, A Nonpredatory Approach to Social Intelligence, Leadership and Innovation" It is now available at [Amazon.com](http://Amazon.com) and in book stores.

*The Power of the Herd* is essentially two books in one:

- Part I, "A Brief History of Power" looks at the history of power, leadership and social evolution from an emotional/social



LINDA KOHANOV

intelligence point of view.

- Part II, "Horse Sense at Work," introduces practical skills to cultivate emotional/social intelligence, non-predatory power, leadership, authentic community, and visionary skills.

Linda's skill as a writer and her visionary leadership weaves together a broad look at leaders in our society with the wisdom of horses and provides the teachings for you to become a leader in your own life.

## About Us

(Horse Spirit Connections is a not for profit corporation)

At Horse Spirit Connections we are committed to developing better ways for humans and horses to interact, in a manner that promotes wellness for both. We rehabilitate horses to step into an honoured and respected role of wise teacher, in an environment that is comfortable and safe for all. Creating an authentic community where people walk their talk, we nurture a joyful, energetic connection with the fabric of life. We are a sanctuary where the heart soars, passion sings and joy is shared between humans and horses.



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