

The Authentic Path

An Equine Experiential Workshop

Spiritual Reflection and Self Discovery through
THE WAY OF THE HORSE

Throughout the ages philosophers, gurus and religious leaders have taught countless ways of realizing our spiritual nature.

Finding a spiritual approach that fits our busy lifestyles and noisy environments is a greater challenge. **The Authentic Path** is a practical, faith sustaining journey that :

- ◆ Quiets the Mind and engages the Spirit
- ◆ Develops **Emotional Intelligence** through non-verbal sensory awareness
- ◆ Rewires how emotions and reasoning are processed, allowing self-mastery to emerge
- ◆ Engages the **embodied wisdom** within our enteric nervous system (heart & gut neural network)
- ◆ Affirms the metaphysical truth of the Soul



Co-Facilitators:
Patricia Ulloa-Curcio
Betina Parker

Friday Feb. 17, 2012 1 – 5 pm
Saturday Feb. 18, 2012 9 am – 5 pm
Sunday Feb. 19, 2012 9 am – 5 pm

\$250.00 per person
\$400.00 per couple

Attendance limited to 6 participants

**Location: Equine 808 Horse Rescue
Kunia Loa Ridge Farmlands, Oahu**

To register, call: (808) 375-8154

For more info visit:

www.palmariecommunity.org

Horses are sensitively attuned to the environment through a highly evolved survival warning system. From a distance they detect wavelengths of emotional energy we transmit *non-verbally*.

As they mirror our emotional presence without judgment, a *self perspective* emerges, reflected through the horse into our conscious awareness.

The Authentic Path workshop utilizes mindful tools and ground based equine experiential exercises to migrate from heart to head. Includes a detailed workbook for use in your daily life.