

Spirit of the Horse

A special workshop at your barn!

This three hour session is for anyone seeking to deepen the connection to his or her own personal journey. Through the powerful and magical presence of the horse, you will find your authentic self by engaging in horse intuitive interactions and contemplative being-with-horse meditations. Practicing the art of presence, you will be invited to connect to the horse as partner and mirror of self. A special yoga session will help center you in the present moment and join you with the horse as partner, as a reflection of self, and as a tangible link to your gifts to the world.

This workshop will be facilitated at your barn by Asha Wolf.

Asha holds a Doctorate in Physical Therapy, is a Certified Movement Analyst, and has been teaching and practicing yoga since 1992. Asha brings to her intuitive leadership years of exploration of the body through yoga, dance, movement and variety of therapeutic body-mind modalities. Asha's equine experience is grounded in natural horsemanship techniques, equine somatics and intuitive communication.



Schedule a session at your barn by calling **Asha Wolf, DPT** at **303-652-0463**

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