

SPIRIT OF THE HORSE

Practicing the Art of Presence

September 12-14, 2008

Friday evening through Sunday afternoon

CHALAKEE RANCH

1059 Chalakee Rd, Guntersville, Al 35976

This three day personal retreat is for anyone seeking to deepen his or her connection to their own personal Journey. Assisting us will be the wonderful horses of Chalakee Ranch. Through the powerful and magical presence of these horses, we will find our authentic self by working with Horse intuitive interactions, contemplative being-with-horse meditations, connection to horse as partner and mirror of self, and observation of herd dynamics. The daily yoga offerings will not only connect you to your heart, but also ground and connect you to Earth. The yoga sessions will prepare you each day to center yourself in the present moment and contemplatively join with the horse as partner, as a self reflection, and as a tangible link to your authentic self and to your gifts to the world.

The weekend includes daily yoga sessions, vision time, music, drumming/fire circle, sacred prayer offerings, and, of course, plenty of horse time. Organic meals and bunk style lodging is included.

Saturday and Sunday afternoons are reserved as a personal time to schedule additional amenities, massages, trail rides, equestrian lessons, and classes in centered riding. Or, you are more than welcome to just hang out with the horses.

Your facilitators are Anita Duncan and Asha Wolf:



Anita has owned Chalakee Ranch and her Paso Fino horses for over ten years. She practices the Parelli method of horsemanship and is also certified in Equine Assisted Psychotherapy through EAGALA. She is using her horses and equine experience with Hospice Grief Programs, autistic children and others wanting to nurture their spirits drawing upon the wisdom of the horse.



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 a variety of therapeutic body-mind modalities. Asha's equine experience is grounded in natural horsemanship techniques and intuitive communication.

Entire retreat with organic meals and basic dorm style lodging \$369.

Private accommodations available at \$409.

Register by calling 256-505-0051 or mail checks payable to:

Chalakee Ranch: Anita Duncan

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"Learning about horses is learning about ourselves"- Linda Tellington-Jones