

NOW OFFERING

EQUINE FACILITATED LEARNING SESSIONS

Combines the latest scientific mind-body research with the healing power of the animal-human bond.



FACILITATED BY
JULIANA SLIWOWSKA

EFL DESCRIPTION

How it will affect your life?

Learning through experience or experiential learning has a lasting impact rather than learning in a traditional linear fashion. When you feel the results in real time, the skills you learn are accessible, tangible and speak for themselves. No amount of lecturing or studying can have this particular effect. This makes it easier to implement what you will learn into your day to day life. We want to share useful tools that will have an immediate and lasting affect on your life and we are absolutely confident they will!

Who are these sessions for?

Anyone including children who wish to learn new skills and expand their awareness. All exercises are un-mounted in a safe space.

What will you discover?

- Learn the messages behind emotions
- Discover the intelligence and wisdom of your body
- Access the other 90% of communication that is non-verbal
- Tap into your personal power and learn how to use it
- Develop socially intelligent non-predatory leadership skills
- Develop a greater awareness of yourself and others
- Learn the model for approaching difficult conversations
- Communicate with clarity and authenticity
- Set effective boundaries
- Integrate your 3 brains for holistic intelligence
- Use our unique assessment tool to reveal your leadership style

“KNOWING OTHERS IS
INTELLIGENCE;
KNOWING YOURSELF IS
TRUE WISDOM,
MASTERING OTHERS IS
STRENGTH,
MASTERING YOURSELF IS
TRUE POWER.”

LAO TZU



YOUR INSTRUCTOR



**JULIANA
SLIWOWSKA**
CONSCIOUS EQUINE
CONNECTIONS

About Juliana & CEC:

Combining 25 + years of learning with horses and a passion for personal development and wellness, Juliana strives to create a nurturing learning environment that supports mind, body and spirit. Using Eponaquest philosophies and a holistic approach, she offers practical skills and lasting tools to facilitate success in your day to day life. Fully certified as a Riding Coach, Eponaquest EFL Instructor, Reiki Master and an Advocate for healthy living.

To learn more about the Eponaquest approach and read the mission statement: <https://eponaquest.com/ethics-standards-of-practice/>

"I believe horses want to help us; they have a natural desire to lead us into ourselves, to help us uncover the magic that exists inside, the power that we are all born with.

My mission is to assist the horses, to empower people through experiential learning. I have discovered so much more beyond riding from the horses and I want to share it with as many people as possible.

Conscious Equine Connections is about facilitating loving relationships with our horses, with ourselves and with others. It's about being in the moment, connecting with the now and uncovering our true self."



SESSION OPTIONS

FOR ONE TO FIVE PEOPLE

CHOOSE FROM THE FOLLOWING OPTIONS

SINGLE 2 HOUR SESSION

2PM TO 4PM

Daily

HALF DAY WORKSHOP

2PM TO 6PM

Daily

FULL DAY WORKSHOP

10AM TO 1PM
2PM TO 5PM

Daily (bring lunch)

TWO DAY WORKSHOP

10AM TO 1PM
2PM TO 5PM

Both days (bring lunch)

COSTS

THE FIRST EFL SESSIONS OF THEIR KIND IN THE WORLD!

TUITION BY DONATION

I am passionate about maintaining a gifting economy.

I believe help should be available to everyone, including those who can't afford high fees. Everyone is equally deserving. This system allows the horses and I to offer experiences to anyone who desires them. You pay me what you are motivated to offer.

"When we discover something or create a service the first thing we do is package it and attach a price tag. In a capitalist society, this is how we generate income. We are all conditioned to fear scarcity and as a result we are all driven to earn more money.

We are also conditioned to attribute value based on cost. The higher the price tag the more valuable it must be. Most of us understand that true value goes way beyond how much something costs but we still find ourselves judging the worth of something based on its price.

It's true, we need money to survive in this world but we can engage with the system from a loving place of abundance or we can engage with it from a place of fear and loathing. I'm trying a gifting system in part because I want to change how I feel about money and value. Also, by offering you my time as a gift, you can trust that I genuinely love my work and helping others.

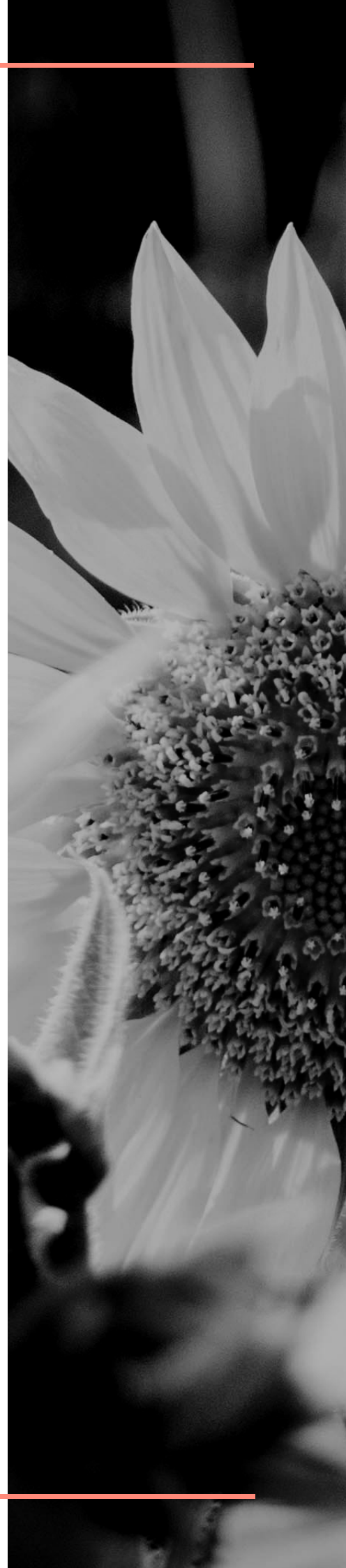
The most loving thing for me to do is to offer you my time without the expectation of anything in return. I am doing for you what I would love to be done for me. It's an ethical exchange which challenges the way we view society, if we continue to operate in the same way we always have then we will continue to have the same results and I believe in a brighter future."



Base Cost

\$20 covers the use of the horses and facility rental fee,

Tuition time is by donation.



TO BOOK A SESSION:

Please don't hesitate to call with questions!

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