



EQUINE EXPERIENCES

QUALIFICATIONS

- Equestrian Canada Coach
- Eponaquest EFL Facilitator
- Reiki Master
- 30 Years Horse Experience
- Socially Intelligent Leadership Training
- HeartMath Facilitator
- Advanced First Aid
- Bachelors Degree

REFLECTIVE ROUND-PEN Personal Growth

Allow the horses to help you reveal trapped emotions or patterns that are holding you back. Learn how to tap into the wisdom of your body and communicate non-verbally. Practice the power of presence and become empowered through awakening your senses. Build new pathways to meet life challenges with creativity, compassion and curiosity.

60 - 120 minutes | By donation (see reverse)

MASTER HERDER Leadership Development

Based on several years of research into the history of leadership in multiple cultures and the observation of equine herd dynamics, socially intelligent leadership training involves balancing 5 key roles and learning how to use non-predatory power liberally. Enlightened leadership for the modern human!

90 - 120 minutes | By donation (see reverse)

CONSCIOUS CONNECT Sentient Communication Tools

Become the editor of your life and the author of your experiences. Elevate your unconscious reactions to conscious responses through a deeper awareness of nonverbal information. Among many other benefits, this translates into the ability to calm self and others, diffuse aggression, gain cooperation, communicate more effectively with horses and other animals, and motivate groups to take productive action.

90 - 120 minutes | By donation (see reverse)

BE THE HORSE Equine Guided Meditation

Slow down a busy mind, connect and practice mindfulness the equine way! Share space with the herd and sink into their harmonious state of being. Let the horses inspire alternative ways to bring mindfulness into your daily life.

Option to include intuitive Horse Wisdom card reading.

30 - 60 minutes | By donation (see reverse)

GIFTING ECONOMY

the power of priceless

There are several reasons why I uphold a gifting economy model! More information can be found on my website. A gifting economy model promotes offering services by donation instead of charging a price.

Donations range from \$65-\$165 per hour, so a 90 minute session could be from \$90-\$250 and 120 minutes \$130-\$330.

Choose according to what you feel in line with your financial situation. You will normally have a figure in mind - just listen to yourself. The act of choosing confirms your freedom to consult and decide for yourself; use your own source connection; empowered in your own body; and take full responsibility.

This is a cooperative model that ensures equal access for everyone. Larger donations help sustain the smaller ones.

WHAT IS EFL?

Combining the latest mind-body research with the powerful human-horse bond, EFL (Equine Facilitated Learning & Wellness) offers a holistic and practical approach to wellness, personal growth and leadership development.

Many of us are stuck in survival mode with dysfunctional habits and irrational thoughts. EFL seeks to empower individuals and groups by "engaging the other 90 percent," the dimension of nonverbal intelligence so grossly underdeveloped in modern society. All experiences are un-mounted and do not require any horse experience. Ideal for ages 12+



CONSCIOUS EQUINE CONNECTIONS

Equine Experiences on
Salt Spring Island, BC

CONTACT US

consciousequineconnections.com

+1 250 886 6269

juliana@consciousequineconnections.com

Salt Spring Island, BC



#consciousequine