

Awakening the Heart with Grace

Guided by Horses, Yoga and Nature

Thursday June 8th

9 am to 3:30 pm

Join us for a morning of gentle movement, meaningful moments, and magic as we engage with Yoga practice, horseplay, and nature's miracles connecting body, mind, and spirit.



The word Yoga comes from the Sanskrit word Yuj meaning union or to join. Yoga is about connecting or joining mind, body, and spirit.

Yoga, horses, and nature can awaken our hearts with grace offering inner peace, mindful focus, embodied presence, and spiritual awareness.

We are all competent beginners learning and unlearning together with care, curiosity, and compassion. No prior Yoga or horse experience is needed to awaken your heart with grace and to journey towards harmony and human kindness.

Location: Pebble Ledge Ranch
9796 Cedar Rd Novelty, Ohio

Hosts: Jackie Stevenson, Janice
Hanrahan and Spirit of Leadership
Herd and Team

Price: \$135



**Be prepared to be safe, discover
something meaningful to you, & have fun**

There is no horse riding, it is about relationship.

You will bring home the gifts and messages you received from Yoga, horses, nature, and your inner nature.

Together we will awaken our hearts with grace guided by Yoga practice, horseplay, nature's playground and our own unique inner knowing.

Goals of the Workshop

- Slowing our pace and quieting our mind to be more fully aware and present
- Walking at the speed you would like to live your life being here to get there
- Wandering through the forest learning the path of your life's journey
- Practicing being rather than doing, deepen your connection to yourself and others
- Exploring the relationship between the gift of breath, air, wind, and sky
- Releasing and reclaiming fire ceremony igniting passion and creativity
- Flowing with the energy of water for healing and well being
- Rebalancing our body, mind, emotions and spirit at the Native American medicine wheel
- Finding the balance between giving and receiving in our relationships bringing more joy than we thought possible

www.spirit-of-leadership.com

Contact Jackie to Register
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