



Little Winds Equine Guided Education presents

Winds of Change Workshops

Horse Wisdom in Times of Transition

May 22, June 26, July 17, August 14
Sundays, 1:00 - 5:00pm
Davis, CA

This series of workshops provides support and horse wisdom for anyone who could use some help navigating through a time of transition. Whether it is a new relationship, loss or change of job, death, divorce or child off to college, change is hard. These workshops provide the opportunity to consciously work through different phases of transition.

Attend a single workshop or the whole series!

"And then the day came when the risk to remain tight in a bud
was more painful than the risk to bloom."

- Anais Nin

■ May 22

Acknowledging Loss:

This workshop is an opportunity to work with the horses, identify our losses and give them space to breathe so that we are not so burdened by the weight of carrying them deep inside and dragging them silently along with us as we try to move forward.

■ July 17

Gathering Your Herd:

As you go through times of transition, it is especially important to figure out who is in your herd. Who's moving forward with you? Who is blocking your way? Are you getting the support that you need? Do you need to round up some new members? Spend some time with the horses exploring these questions.

■ June 26

Unearthing Hidden Gifts & Opportunities:

Oftentimes the biggest transitions we have to make are not ones we've chosen voluntarily. This workshop is a chance to explore how we are expending and receiving energy and whether we might be able to make some incremental changes that allow us to see opportunity in the place of challenge.

■ August 14

Charting Your Journey:

Transitions are filled with change and sometimes unexpected twists and turns. We can't predict what will happen along the way, but by asking questions, listening carefully and paying attention, we can often get clues from the world around us to help chart our journey with an open mind and heart.

Cost: \$100/workshop or \$300 for the series of four workshops

For registration and more information: call 530-400-0325 or email: amf@littlewindsege.com

www.littlewindsege.com