

Global Equine Connections present:

"Dare to Live"



Equine Guided Life Skills Workshops

Dates: May 4th Castlefergus EC, Quin, Co. Clare
June 8th Slieve Aughty Centre, Loughrea, Co. Galway
Sept. 14th Castlefergus EC, Quin, Co. Clare

Time: 9.30 am – 5.00 pm

Cost: €130.00 per day. Workshops may be taken individually or together - Lunch not included

Horses live in the present moment and operate from a complex matrix of special sensory awareness. They are experts at reading non-conscious and conscious energy. They can teach us to be present in our true selves, mindfully in alignment. They are exquisite representatives offering us reflections of our unseen selves in an extraordinary way, so offering the opportunity to see how our energies, thoughts, beliefs and emotions impact on our lives. We work with moving forward to new ways of 'being,' to create and manifest our lives in the way we intend through our life purpose.

Exploring our blocks to living fully will be the theme of these skill enhancing equine-guided workshops. As you deepen presence and connection we will explore themes such as trust, respect, connection, boundaries and communication with the horses. In this workshop the horses help to guide us back to our wholeness and core strength.



- Move beyond the internal mind clutter and connect with your true self.
- Shift what is not working for you and head in a new direction with clear intentions.
- Flow energy towards your dreams rather than away from them.
- Let go of what no longer serves and bring your dreams into form with inspired action.
- Embrace the untold happiness with sparks of joy that ignites and fulfills you.
- Awaken to the power of your beauty and truly being enough.
- Transcend and become radiant, vibrant, filled with aliveness, dare to live!

Horse knowledge unnecessary, all experiences are from the ground.

Deirdre Kennedy
BSc. MIACST, EGE, EAGALA

A certified Craniosacral Therapist and Equine guided Facilitator/Coach.

She works with people assisted by horses to focus on core intent to reaching realisation of the true self. She combines her skills and training as a craniosacral therapist, teacher, and equine assisted facilitator. For registration form please contact:

Tel: 087 293 21 20
E mail: Deirdre.kennedy66@gmail.com
Web: www.dkcraniosacral.com

