

Awakening the Heart with Grace:

Guided by Yoga, Horses, and Nature



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.

Sunday JUNE 2, 9:00 am -3:30 pm

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.

There is no horse riding it is about relationship. *Be prepared to be safe, discover something meaningful to you, & have fun* bringing 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, natures playground and our own unique inner knowing.

- 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

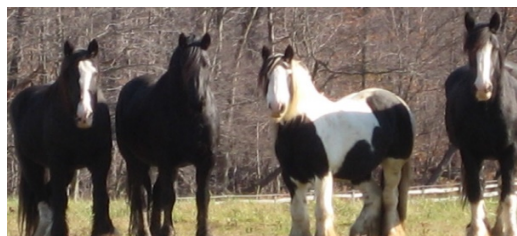
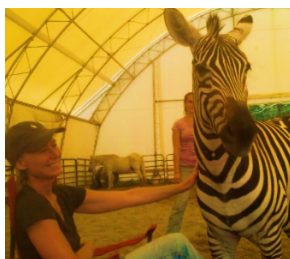


Location: Pebble Ledge Ranch 9796 Cedar Rd Novelty, Ohio

Fee: \$135.00

Facilitated by:

Jackie Stevenson, Janice Hanrahan & the Spirit of Leadership herd & team



Yoga, Horses and Nature with attention and intention, can transform our lives and the lives of others for the greater good of humanity, and for all those with whom we share this amazing planet Earth.

Contact Jackie for registration or information Jacalynstevenson@gmail.com

www.spirit-of-leadership.com