



Spirit Gate Presents

THE LIVING PRACTICE *of Mindful Meditation*



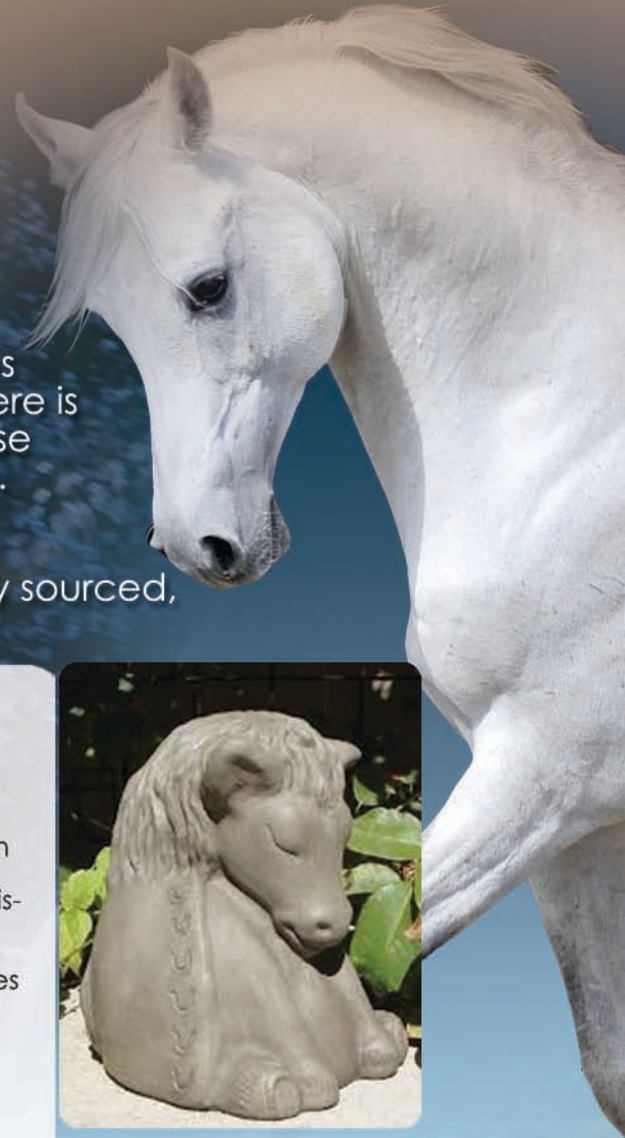
3 Day Workshop

June 16 7 - 9 pm
June 17 9 - 3 pm
June 18 9 - 3 pm

Investment \$395.00

All activities with horses are on the ground, there is NO riding and NO horse experience necessary.

Camping is available.
All meals will be locally sourced, delicious vegetarian



The mares softly blow through their nostrils, whispering wisdom from within the heart of their sentient being. Feel your body beginning to soften, sense the stillness arising, attune to the rhythm of your breath, experience the unity of this moment and the gifts of silence.

Join us for a deepening contemplative meditation retreat with the opportunity to step out of your busy life and practice being present in the beautiful environment of spirit gate, immersed with our herd of horse, integrating the wisdom within to cultivate a sensitivity of inner listening and mindful expression of our actions in the world. Together we will explore the four noble truths; resting in silence, opening the mind to settle into well being and experience calm states of curiosity. This living practice invites us to spend time in nature, engaging with horses as sentient beings, and sharing the interconnectedness of all things.

The schedule will be morning yoga, followed by by dharma talks. The afternoon will be a rich tapestry of experiential learning with the horses.



Join us for a weekend retreat and learn:

- How mindfulness practice can become a part of your daily life
- Simple practices to reduce stress and physical tension
- How energy and emotions effect relationships
- The power of your Breath
- The balance of the Brain
- The mystery of the Heart

For More Info and Registration:

Contact Michelle Atterby, Certified Equine Learning Facilitator,
Director of Spirit Gate Farm michelle@spiritgate.ca or call 250.737.1484

