

Spirit of the Horse: Practicing the Art of Presence

April 16-18, 2010

Friday evening through Sunday afternoon

Chalakee Ranch

1059 Chalakee Rd, Guntersville, AL 35976

This three day personal retreat is for anyone seeking to deepen his or her connection to their personal journey. We will be assisted by the powerful and magical presence of the horses of Chalakee Ranch in a variety of contemplative being-with-horse meditations, horse intuitive interactions, and observation of herd dynamics.

The daily yoga offerings will not only connect you to your heart, but also ground and connect you to the Earth. The yoga sessions prepare you each day to center yourself in the present moment and contemplatively join the horse as a partner and mirror of self, and as a tangible link to your authentic self and to your gifts to the world.

The weekend includes daily yoga sessions, vision time, music, fire circle, sacred prayer offerings, and, of course, plenty of horse time. Saturday and Sunday afternoons are reserved as personal time to schedule a private yoga therapy session, do a trail ride, or partake in a class in centered riding. Or, you are more than welcome to just hang out with the horses.

Entire retreat with organic meals and basic lodging \$379, private accommodations available at \$449

The retreat is limited to 12 participants. A \$200 deposit is required by March 20th to reserve your space.

Register by calling 256-505-0051 or mail checks payable to: Chalakee Ranch: Anita Duncan, 1059 Chalakee Rd., Guntersville, AL 35976

Your facilitators are Anita Duncan and Asha Wolf:



Asha holds a Doctorate in Physical Therapy, is a Certified Movement Analyst and has been teaching and practicing yoga since 1992. Asha brings to her intuitive leadership years of exploration of the body through yoga, dance, movement and a variety of body-mind modalities. Asha's equine experience is grounded in natural horsemanship techniques and intuitive communication.

Anita has owned Chalakee Ranch and her Paso Fino horses for over twelve years. She practices the Parelli method of horsemanship and is also certified in Equine Assisted Psychotherapy through EAGALA. She is using her horses and equine experience with Hospice Grief Programs, autistic children and others wanting to nurture their spirits drawing upon the wisdom of the horse.

