



Equine Spirit Sanctuary

2023 Workshops

Learn, experience, and share the magic of horses!

April 22: Tuning In and Tuning Up



Preparing yourself and your horse with in-hand work and body awareness to develop healthy movement and inner-stability

Hands-on assessing and recognizing what our horses need to be as physically fit as possible

Your horse: How to assess a horse's body and mind. What does a healthy horse look like? What can we do to prepare our horse for summer rides and activities?

Yourself: What shows up in us when the horse has problems that we don't know how to fix? How can we work with our horses to address some common issues?

Open to all levels of experience. 12:30 to 3:30 p.m. \$50 per person.



INSTRUCTOR: ROBIN WAUGAMAN

Relational & Somatic Horsemanship

Robin describes herself as a student of the magic of human and equine bodies and the development of healthy relationships. Robin shares her integration of what she has learned through a form of what can be called "Somatic Relational Horsemanship," a renegotiation of relationship with our selves and our horses, and a reconciliation for a more whole way of being in the world.

13 Los Caballos Road, Ranchos de Taos

www.EquineSpiritSanctuary.org

Please RSVP: 575-758-1212 ~ ruth@equinespiritsanctuary.org

Northern New Mexico Licensed Horse Rescue and Equine-Assisted Therapies Center