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# SOMATIC WORKSHOP

## EQUINE FACILITATED LEARNING

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Crystal Lake, IL | Saturday, September 13th | 10:00-4:00

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### Workshop

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Saturday, September 13th,  
10:00-4:00 | Cost \$285  
Castle Ridge Keep  
8109 W Hillside  
Crystal Lake, IL 60012

### Register

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[IntegralEquine.eventbrite.com](http://IntegralEquine.eventbrite.com)  
Pre-work: Somatic Development  
Questionnaire.

### Facilitator

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Karen Kendrick, founder of  
Discovering Your Way, specializes  
in leadership and life coaching  
with horses. Karen is EFLC and  
E3A certified.

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### Contact

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[IntegralCoachesMidwest@gmail.com](mailto:IntegralCoachesMidwest@gmail.com)  
563-590-8331  
[Facebook - Integral Coaches Midwest](#)



## Coached by Horses

Equine coaching is a highly adaptable experience that relates to deepening the ways that coaches work with clients.

**Why horses?** Horses bring you into the moment. They have no agenda other than to reflect back what is going on for you and help you see more clearly. What you will take away from this session with horses:

- Increased awareness of your own energetic “shape” and how you impact others by how you show up in the world
- Tools to better access your emotions, sensations, thoughts, and breath - your entire being
- Deepened dual awareness of your somatic wisdom engaging with external energies and situations
- Heightened ability to make decisions in the moment utilizing all of the wisdom available to you

Join us on our journey to find new ways of being congruent, present, clear, and authentic.

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