

# You're Not What You Think!



Huh?!

Discover the “you”  
behind your  
thoughts.

*Does your mind run your life?  
Are you ignoring your emotions and intuition?  
Is your body trying to tell you something?*

Get out of your head and into your heart. Reconnect with your body and emotions. Listen to your intuition.

During this workshop, coaches Cathy, Paula and the equine herd will guide you through a day of integrating your whole self. Experience the joy of freeing yourself from a constant barrage of thoughts which may not be serving you well.



How are horses involved? Horses are sensitive to our emotions and respond to our energy. Partnering with the coaches, they assist you in clarifying which part of you is showing up at a given moment. Come experience the healing power of horses!

“You are not the thinking mind; you are  
aware of the thinking mind.”

- Michael A. Singer, *The Untethered Soul*

- No horse experience necessary.
- We will not be riding the horses.
- Wear close-toed shoes.

Date: September 14, 2013  
Time: 9:00 a.m. - 3:00 p.m.  
Location: Just East of Boulder  
Cost: \$75  
Lunch provided

RSVP: 720-441-4034  
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## Spirit Horse Alliance

We create meaningful connections  
between people and horses.

