

THE EQUINE GUIDE TO THE FOUR AGREEMENTS MONTHLY CIRCLE GROUP

Mark your calendars and join us as we embark on a six-month journey through Don Miguel Ruiz's The Four Agreements as seen through the authentic and non-judgmental lens of the horse.

THE FOUR AGREEMENTS

1. Be impeccable with your word
2. Don't take anything personally
3. Don't make assumptions
4. Always do your best

are the principles by which horses navigate life in the herd. They embody these principles in relationship to each other, and as such, are excellent teachers for us to do the same. As we partner with our equine guides, we will build awareness and understanding of how to apply these very principles to our lives in a practical and meaningful way.

HORSES TEACH US TO:

- Communicate effectively
- Get curious
- Re-define self-limiting beliefs
- Practice presence

Don't miss the opportunity to learn, laugh and celebrate with our human and equine herd as we travel together towards a new and deeper understanding of the application of The Four Agreements in our everyday lives.

"A Circle is a safe, solid yet permeable space with an inside, an outside, and a flow that moves from person to person. A welcoming form where everyone can see each other and all voices are heard, it creates a field that invites sharing and story."

"I gave myself the gift of participating in a six month long study of The Four Agreements with guidance of horses of Medicine Horse Ranch and facilitated by Gaby Fabian of Equine Guided Recovery. The sense of community built with human and horses, and the close attention to integrating the Four Agreements into my daily life was SO valuable. Especially for those of us who spend our days in the company of computers and humans, rather than among animals and nature, I highly recommend this work.

– Anne Marie Flynn



A Six-Month Series:

April 21st, May 19th, June 23rd, July 21st,
August 18th
and September 22nd

All classes meet from 10am – 2:30pm
at Medicine Horse Ranch.

Fee: \$195/session. A \$50 discount will be given if all sessions are paid prior to April 1st.

(No previous horse experience required. All activities with horses are facilitated on the ground in a safe and supportive environment)

For Registration or inquiries:

Contact Gaby at (415) 261-8923 or email gaby@equineguidedrecovery.org

Registration is required as space is limited to 8 participants. Directions and logistics available upon registration