

# INTRODUCTION TO EMBODIED AWARENESS

SAT 26th – SUN 27st NOVEMBER

Northern Rivers Equine Assisted Psychotherapy (NREAP) has been established for 5 years. It is situated in the beautiful Northern Rivers Border Ranges of far north NSW.

Our horses reflect and teach through 'The Way of the Horse'. We work with individuals, couples, families and groups offering experiential learning with our herd, co-creating opportunities to support personal growth, change and development.

NREAP's environment elicits a sense of awareness, connection and serenity to both the stunning natural surroundings and our very special herd. Where you can embody and value your own uniqueness and embrace the power of self expression that resides within each of us.

## DURING YOUR WEEKEND...

Your weekend with the herd facilitates awareness and connection to "self" allowing you to step into authentic relationship with others.

While co-creating a relational experience between yourself and the horse, our herd will teach you about:

- personal wellbeing
- living healthy relationships, and
- inspired leadership

You will gain clarity around life patterns you have created to keep yourself safe and that may no longer be serving you. In this place of raised awareness and acceptance you can step into more conscious living through choice.

The equine assisted industry's reputation is growing and provides a fulfilling and exciting way of coming back home to ourselves.

The two day introductory courses are conducted with a maximum of 6 participants per course. The special price for this series is \$700 per person including all meals and accommodation.

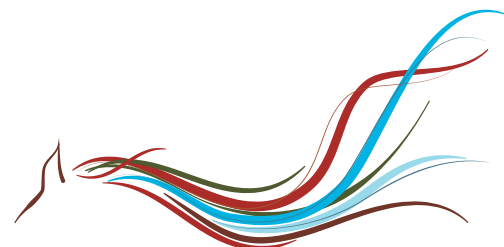
If you wish to attend Introduction to Embodied Awareness, please register your interest by 10th November 2016.

**Registration on day 1 Begins at 9am for a 9.30am start. Depart on day 2 at 4pm.**

FOR MORE INFORMATION AND TO REGISTER YOUR INTEREST PLEASE CONTACT

SUE LAMOND 0406 545 652  
[sue.nreap@outlook.com](mailto:sue.nreap@outlook.com)

VERONICA PHILLIPS 0407 658 423  
[veronica@aslan.com.au](mailto:veronica@aslan.com.au)



Northern Rivers Equine Assisted Psychotherapy