



# Intuition, & Intention Your Heart's Desire

## A Horse-Assisted Yoga for Personal Transformation Retreat

With a horse as both a non-verbal participant and a non-judgemental mirror, explore how the power of intention can help you find your heart's desire. This insight-packed day retreat will give you the chance to focus on your own intent and desires, providing the time, space and impetus for you to tap into your own innate knowing.

We'll start the day with sunrise yoga, then spend the morning interacting with horses to hone your intention with some practice listening to your unconscious mind. After lunch, tarot readings to refine your intention, some physical activity to bring your body into the conversation and a relaxing yoga nidra meditation to set and ground your intention. We'll finish with a chanting practice to guide your re-entry to the outside world.

Stacey Kollman  
Desert Horse Equestrian Services  
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Presented by:



Jenny Kendall  
Desert Horse Yoga  
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Because this day retreat is so full of opportunities for expression and exploration of personal growth issues, it is perfect for established groups - friends, family, friendly co-workers. For groups interested in resolving conflict or team-building, the schedule will be altered slightly to allow time for the group energy to develop.

Contact Jenny or Stacey to inquire about 2010 dates for your group and to custom tailor a retreat that works for you.

Misc. Info: No previous horse experience or yoga experience is necessary.  
Please wear closed-toed shoes and clothing that allows you to move comfortably.

Cost is \$135 per person.