



Sunday, March 6
9 a.m.-5 p.m.

River Valley Ranch
Yoga House at Civano

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.

Check-in will be at 8:45 a.m., and program will start promptly at 9 a.m.. Water & snacks provided.
No previous horse experience or yoga experience is necessary.

Please wear closed-toed shoes and clothing that allows you to move comfortably

Presented by:

Stacey Kollman
Desert Horse Equestrian Services
www.deserthorseinc.com (520) 762-9124



Jenny Kendall
Desert Horse Yoga
www.deserthorse yoga.com (520) 271-6701

Please detach here and mail this form with your payment.

Intuition, Intention and Your Heart's Desire Registration

Registration fee \$135 per person paid by 3/1/11. Pre-registration is required.

Registration is non-refundable except in the following situations: If the clinic is cancelled for weather or it does not fill, your registration fee paid in cash or by check will be refunded in full. Refund minus office fee may be offered in certain emergency situations with prior approval only.

Name _____

Phone Number _____

Address _____

Email Address _____

Check Enclosed

Mail payment to Stacey Kollman, Desert Horse Equestrian Services, 141 W. George Truit St., Vail, AZ 85641