

EQUINE CONNECTIONS

Experience creative, interactive, hands on activities with horses that are fun, engaging and enlightening through our Equine Connections (EC) program!

Choose from one of our signature experiences (below) or request a custom session designed specifically with you and your goals in mind. Interaction with the horses will be from the ground, in the experiences below. Mounted activities are available in some customized sessions.

- 1. Presence and Heart-Centered Connection:** Learn to value present moment awareness! Horses, as prey animals, always live in the moment. They are our best teachers and provide the perfect partnership for practicing presence. “If you want to conquer the anxiety of life, live in the moment, live in the breath” ~ Amit Ray
This activity is great for individuals or groups wanting to experience proven stress reduction techniques with horses and for couples looking for a unique way to deepen their connection with each other.
- 2. Leadership by Invitation:** Learn what it means to invite a horse to join you through loving intention as opposed to forceful coercion. This is a powerful experience that could forever alter the way you lead!
- 3. Team Building w/ The Herd:** Discover the strengths in your team! A challenge course and horses at liberty, are the backdrop to this fun and challenging experience. Define your safe place, name your obstacles and work together to get your team and equine partners to your end goal.
- 4. The Man In the Arena (It's Not the Critic Who Counts):** For individuals, couples and teams ready to *Dare Greatly! Set up the props provided to illustrate a goal, while your equine partner(s) interact and become a part of your experience, offering insight and awareness that will likely surprise you and help you get to your next level of achievement!

This experience is for you if:

You are curious about how horses interact with us when they are at liberty (no halters, no lead ropes), and what it feels like to experience the kind of connection that's possible when we approach them in this way. Participants have experienced a deep sense of love, belonging and connection that often leads to healing and transformation they never expected!

You want to experience accelerated growth and self-awareness. It's truly amazing how quickly and accurately we will see ourselves or team dynamics played out in the

behavior of the horses! It's a wonderful gift of insight and understanding that they offer us.

You want to offer your team or family a unique and memorable approach to team building, understanding and communication, with the powerful dynamics that your relationship with the horse(s) will bring to your interactions.

You want to incorporate the power of an EC experience into your retreat, workshop or seminar. Cindy will meet with you or your event planner to discuss your goals and offer several options for your group experience, helping you to choose one or more that are right for you and your group.

You're NOT interested in another counseling or therapy session but ARE still interested in improving yourself and your relationships. A private or couples session gives you the opportunity to experience transformation through a private, relaxed, hands on approach, that is focused on where you want to go, NOT where you've been. Goal focused, rather than issue focused.

What Can I Expect from an EC Experience?

Join Circle K Ranch Owner and Equine Facilitated Transformation Coach, Cindy Brannon, for an hour – 1 ½ hour session where you will have the opportunity to experience the magic that our horses bring to this special encounter. EC Participants have described their experiences as ‘life-changing’, ‘transforming’, ‘healing’ and ‘insightful’. Available Mid May through Mid November.

1. Safe and confidential: Before interacting with the horses you will be empowered with knowledge to know how to keep yourself physically safe. The sessions are confidential. Our motto - ‘What happens in the arena, stays in the arena’. Safety is always our first priority and you will be supported in order to have a safe and meaningful session.
2. Coaching not ‘Therapy’: Cindy is certified as an Equine Facilitated Learning Practitioner, Transformation and Relationship Coach. She has a calm, insightful way about her that helps put participants at ease from the beginning. Cindy will guide you through EC, offering observations and, at times, posing questions to assist you as you discover the insight and understanding that lie within you!
3. A supportive, accepting atmosphere that allows you the freedom to explore, discover and interact without the fear of judgement.
4. Interaction with the horses will be from the ground, in most cases. Mounted activities are also available.
5. An experience focused on you and what you want to gain from the time

- spent together. We and our horses are here to assist you in getting there.
6. A FREE consultation with Cindy is available at for those interested in learning more. Call to schedule yours at 970-562-3826
 7. Follow up coaching sessions available upon request @ a rate of \$50/Hour

Rates:

- Individual Session – \$100
- Couple's Session – \$150
- Groups of 3+ – \$75/pp

2 Or More Sessions Per Visit:

- Individual Session – \$75
- Couple's Session – \$125
- Groups of 3+ – \$50/pp

Experience an Equine Connection for yourself!

Begin your journey of discovery by calling today – (970)562-3826!