

IN HARMONY WITH THE HORSE

Workshop with Claudia Stromberg

June 29, 2013 10 AM - 3 PM

A contemplative approach to horses that is in harmony with the horse's subtle nature.

Through mindfulness exercises on the ground, as well as mounted, participants will find a new sense of body awareness, breathing, centering, softness and communication that deepens understanding and connection with themselves and with horses.

Explore

- The power of Authenticity
- The nature and purpose of Emotions
- The Heart of Listening
- Softness

About Claudia

A native of Germany, Claudia began riding when she was 10 years old. In pursuit of that elusive feeling of Harmony she was drawn to dressage, particularly the French Classical approach of the lineage of the Portugese Mestre Nuno Oliveira. She also was inspired by Natural Horsemanship trainers, most recently by the work of Mark Rashid.

Since her early twenties Claudia was fascinated with the "Study of Life", which first led to a university education in Biology. Severe back pain in her late twenties threatened to end riding and put Claudia on a path of healing her own body. She learned about physical therapies and bodywork, and studied the mental / emotional aspects of disease in general. Fascinated with the psychology and the spiritual aspects of disease and healing, she explored holistic modalities such as Homeopathy, Meditation and Mindfulness practices, as well as Somatic Movement Re-Education, Reiki and Intuitive Energy Healing, and, most recently, training in Craniosacral Therapy

The two seemingly separate areas of her life came together when she purchased her "dream horse" in 2003. Challenging everything she thought she knew, this horse forced Claudia to look even deeper into the nature of the horse / human relationship and the energetic intricacies of riding. He has been her greatest teacher and inspiration ever since.

Through *In Harmony with the Horse* Claudia is excited to share with you the findings of her life's passion and help you come closer to your dream of being truly in harmony - with yourself and with your horse.

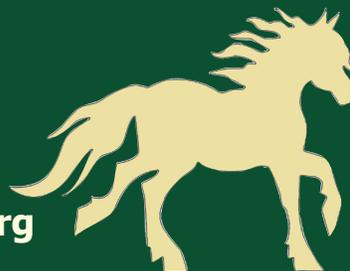


Hosted by Equine Spirit Sanctuary (ESS)

This workshop is appropriate for persons with any level of horse experience or no horse experience at all. ESS horses will be used for this workshop. \$55 per person. RSVP - limit of 12 participants. To sign up for the workshop or for more information, call or e-mail ruth@equinespiritsanctuary.org.

[www.facebook.com/
equinespiritsanctuary](http://www.facebook.com/equinespiritsanctuary)

www.equinespiritsanctuary.org



**13 Los Caballos Road
(formerly 283 Cuchilla Road)**

Ranchos de Taos

575.758.1212