



ESCUELA INTERNACIONAL COACHING CON CABALLOS

Los Caballos Enseñan

## **Connecting with your true self through horses**

### **Equine Guided Education**

An Introduction

**THE OPALO PROJECT brings from EQUILIBRI in Barcelona, the  
INTERNATIONAL COACH TALIA SOLDEVILA to SEVILLE**

(Constantina in the beautiful Sierra Norte)

22<sup>nd</sup>-24<sup>th</sup> November, 2013

Working with horses as wise guides can help us open up to all of our senses on every level (emotional, spiritual, physical and mental) in order to realign with our unique, intrinsic, whole selves.

Because horses are hugely compassionate acoustical beings, highly sensitive to energy frequencies and non-verbal communication, they are able to instantly process and react to our unconscious energy blocks. These blocks, brought about by our unresolved issues, our life experiences and how we have processed them, restrict our lives unless they can be brought safely into the present. In a non-judgemental way, horses can offer us a mirror for these, where release and healing become possible.

This process offers every possibility for creating more personal freedom and empowerment, for recognising repeating restrictive patterns and for profound healing, making for life changing experiences.

On Friday evening Talia Soldevila will be giving an Overview of Equine Guided Education, with the innumerable applications for this work, followed by a two day experiential Introduction to connecting with horses. No previous experience with horses is necessary. For more information about Talia and Equilibri visit [www.equilibri.info](http://www.equilibri.info)

## **The Opalo Project**

The Opalo Project has been set up in memory of a very beautiful, talented, proud and noble stallion whose great wisdom, tranquility and generosity gently facilitated learning for all who knew him. He radiated light, Joyful energy and exceedingly expressive humour to every aspect of our lives.

This way of being is what we wish to bring to our work in his name. We want to work wherever horses can help us as teachers and guides, and wherever we can help raise awareness for the benefit of their welfare and ours.

### **Sheila Pincus, BHSI, MSc Therapeutic Counselling, EGE cert.**

In seeking balance in my own life I have incorporated training on all levels: physical, mental, emotional and spiritual. Some of which has included running riding schools and training students, pony club, saddlery, classical dressage training, and a spell at the respected Fortune Centre. I have also worked as a counselor with various national bodies, including the Samaritans, in domestic violence and marriage guidance, and I have experience in the hospitality industry. I have trained in reflexology, sports therapy, and spiritual healing. Finally, with Equine Guided Education, I have found a format which allows me to merge all of my skills with my love and respect for horses into a more holistic and integrated offering for clients wishing to work towards manifesting their own unique selves.

### **Harriet Pilkington-Rowland, MA Heritage Management**

I was educated on the Isle of Wight and in the Channel Islands, and worked for some years as a National Trust Property Manager, and later as a Reporter and Feature Writer for the Isle of Wight County Press. Growing up in Portugal in the 70s, I discovered the true power of compassion and healing from the numerous abandoned, starving and injured dogs and cats I encountered. I was able to sense their pain and in communicating with them, visibly bring relief simply by quietly “being” and sending love to the animal concerned. This ability, which I believe is available to all of us but is largely unused, has remained with me and I work daily communicating and learning from our horses, pinpointing areas of stress or injury. What I do know, utterly and absolutely, is that it is a two-way process of love and giving. Horses are accomplished, wise, and willing companions and have plenty to tell us and it is an honour to count them as our friends. Opalo has been an enormous inspiration for this work.

## Schedule

Friday 7pm 2 hour Presentation plus Dinner.

Saturday 4 x 1.5 hour sessions beginning after breakfast, with breaks for coffee, lunch, afternoon tea and dinner.

Sunday 4 x 1.5 hour sessions beginning after breakfast, with breaks for coffee, lunch, and afternoon tea.

Saturday and Sunday. Early morning Guided Meditation. (Optional)

## Costs

Friday pm plus Dinner € 30 pp

Full Residential Weekend including Friday pm €330 pp

Special price for two or more participants booking together €300 pp

Rooms for 3 people. Other options available.

## Cancellations

Cancellations within 1 week of the course date will receive 50% refund

Bad weather forecast for the course will result in cancellation 1 week before the due date.

## Venue

LA SIERRA, CONSTANTINA, 41450 SEVILLE

Further information at

[lasierra@granjaescuelalasierra.com](mailto:lasierra@granjaescuelalasierra.com)

Tel: 659200052



## Contact

**Harriet Rowland MA**

Tel: 618044390

[opalo33@hotmail.com](mailto:opalo33@hotmail.com)

**Talia Soldevila**

[www.equilibri.info](http://www.equilibri.info)