

An Invitation from Full Circle Farm, LLC

Summer Equine Assisted Personal Growth & Learning Workshop

For Women

Saturday, September 11, 2010

Take a day for yourself this summer and come BE with the horses. This is an opportunity to connect with the authentic presence and spirit of the horse and in return find your way to your own inner authentic spirit! While the setting for this day is relaxed, informal and organic, the outcome has been profound, life changing and empowering for women.

Possibilities for you.....

- Communication skills
- Boundary setting skills
- Leadership
- Confidence
- Responsibility & accountability
- Respect for self & others
- Relationship building
- Fun



The exercises with the horses are on the ground (no riding) and there is no horse experience necessary.

Time- 10:00AM-5:00PM

Cost- \$150 for the day (cost includes snacks and drinks) Please wear closed toe shoes and bring a **water bottle**, **hat & sun block** if needed and bring a **packed lunch**. (We have a kitchen w/fridge/microwave and stove for your use).

Location- Full Circle Farm, LLC is located in the northern Shenandoah Valley about one hour and fifteen minutes from the Washington, D.C. / Baltimore area. This is our family farm and both the house and the barn date back to the early 1800s. Our farm is home to many horses, chickens, 3 dogs and 2 cats. For directions to our farm, go to our website at www.full-circle-seminars.com.

To register, go to www.full-circle-seminars.com. A \$50 deposit will reserve your spot. Space is limited. Please contact Chrissy if you have any questions.

More information on the back of flyer.

Facilitators-



Chrissy McFarren is a Certified Shadow Work® Group Facilitator. She has over 10 years of experience in the field of personal healing work including the continued healing of her own trauma and PTSD. She is leader/co-leader/creator of many workshops/circles/rituals & ceremonies, and also offers personal process facilitation for individuals. Chrissy is on the facilitation team for the women's training, [Women in Power](#). Chrissy has over 25 years of experience working with horses and offers her clients equine assisted personal growth work and she is fully certified with [EAGALA](#) (Equine Assisted Growth & Learning Association). In addition, Chrissy is a visionary artist who creates artwork for the promotion of balance on this earth and she can be hired to create custom art pieces.



Cathleen A. Burns, MA (Cathy) is a Licensed Professional Counselor. Cathy received her degree from George Washington University in Counseling and Human Development and has worked in private practice for 20 years. Cathy specializes in working with adolescents, women's issues, parenting issues, couples and relationship issues. She has done extensive post graduate training in family systems, Ericksonian Hypnosis, NLP, voice and body dialogue, critical incident debriefing and trauma. Cathy has also facilitated a number of women's groups and has staffed [Women Within](#) Workshops, [Healing the Mother Wound](#) Workshops and [Vets Journey Home](#). Cathy feels deeply privileged and blessed in her work and has a deep respect for the healing and knowing within each individual soul.

Assisting the Facilitators are the horses: Lucky, Jesse, Bismarck, Thunder, Indy, Raven, Beau & Chiquita!

Full Circle Farm, LLC

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