



The Eponaquest Approach™ to EFL. Emerging from the therapeutic riding movement of the 1990s in Tucson, AZ, this approach was developed by Linda Kohanov, author of *The Tao of Equus*, *Riding Between the Worlds*, *Way of the Horse*, and *The Power of the Herd*. Since 2003, an international group of more than 200 individuals - educators, human development professionals, therapists, social workers and medical doctors, among many others - have apprenticed with Linda to learn the techniques she pioneered.

Equinimity's EFL programs. We help clients develop and hone their social and emotional intelligence and acquire sophisticated non-verbal leadership and interpersonal communication skills through non-predatory horse- and nature-inspired wisdom. Our two-day introductory and four-day advanced experiential workshops include key elements of the Eponaquest Approach™ (www.eponaquest.com) to EFL. No prior experience with equines is necessary; all activities with horses are unmounted. Tuition depends upon the level and duration of the workshop.

"A tremendous boost in self-esteem and confidence comes from learning how to establish boundaries and direct a one thousand pound creature through mental focus, presence and clarity of intent. These skills - often difficult to teach in a conventional classroom setting - have broader implications including increased success in personal relationships, career and parenting."

- Linda Kohanov, author of The Tao of Equus, etc., and founder of the Eponaquest Approach™ to EFL



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Engage.
Embody.
Empower.

Learning doesn't take place only in the classroom or on the job. It takes place in the field, on the ground. Literally.

Outdoors in round pens, paddocks, and arenas, horses are teaching people from all walks of life lessons that have the potential to change their personal and professional lives. How?

Equine Facilitated Learning (EFL) is an innovative, interactive teaching method that actively engages horses as guides in facilitating the educational experiences of humans, helping us become more congruent and relational in an overcrowded and hyper-connected world.



Outdoor classrooms. Through a series of carefully designed non-riding activities with equines, workshop participants study and interpret a horse's responses to their behaviors to gain healthy insights into their own intentions and state of mind and a clearer understanding of their natural gifts and talents.

Horse sense. Horses help make conscious in humans what is unconscious – our *authentic* selves. Extremely sensitive prey animals, they respond to subtle changes in their handler's body language, providing feedback on how we are showing up *in the moment*. Examining our own reactions to equine behavior can lead to powerful new insights into our own natural abilities and talents and help promote personal and professional growth.

Building confidence. Coaching and informal lectures during the activities with the horses encourages participants to gradually overcome counterproductive ways of thinking and reacting and helps build purposeful leadership and emotional agility skills.

Co-creating a new presence. Working with horses individually and/or in small groups, you will learn how to:

- Improve your non-verbal communication skills
- Effectively lead others through positive interactions
- Interact more sensitively with others at home, work, or school
- Understand and use emotional cues to relate better with others
- Establish and maintain optimal space for better communication
- Effectively use your body as a sensory and communication device

Experienced trainers. Equinimity's founder and lead instructor, Anne Steuart, is an Advanced/Power of the Herd Instructor of the Eponaquest EFL method. Anne also brings to her programs over 25 years experience as a coach, executive and administrator in the employment and training/workforce development field. We are based in Palm City, FL, about 40 minutes north of Palm Beach.



*“A serendipitous Facebook moment united me with Anne for an Eponaquest workshop. She had been searching for those interested in Linda Kohanov's work just as I had been toting around **The Tao of Equus** and starting my master's degree in Counseling Psychology with an emphasis in Equine Assisted Psychotherapy at Prescott College. I've heard it said that when the student is ready then the teacher appears. I was immediately drawn to Anne's enthusiasm and knowledge. Anne brought tremendous heart and passion to her practice and teaching of Eponaquest principles during the workshop. I knew I was on the right path after Anne's workshop.”*

- Kristie Evans, Baltimore, MD

“I'd recommend Anne's workshops to individuals and/or groups who have gone as far as they can with traditional modes of personal development, group efficacy or team building. Using a variety of non-traditional, empirically supported techniques, Anne creates a learning environment - and an emotionally safe space - that encourages participants to identify parts of themselves that may have been lost along the way. The workshop I attended absolutely exceeded all of my expectations.”

- Christine Harness, PhD, Milwaukee, WI