



EQUINIMITY, LLC

Awareness Through Experiential Learning

The Epona Approach™ to EFL. Emerging from the therapeutic riding movement in the 1990s in Tucson, AZ, it was developed by Linda Kohanov, well-known lecturer, horse trainer, and author of *The Tao Of Equus*, *Riding Between The Worlds*, and *Way Of The Horse*. Since 2003, an international group of more than 175 individuals - educators, human development professionals, therapists, social workers and medical doctors, among others - have apprenticed with Linda in Arizona to learn to teach the techniques she pioneered.

Equinimity's EFL programs. Our programs feature the Epona Approach™ and focus particularly on developing participants' emotional intelligence, self-awareness, and leadership skills. No prior experience with equines is necessary. One, two, three and four day workshop formats are available. Fees depend on the content, location 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, The Tao Of Equus, and other titles, and Founder of the Epona Approach™ to EFL



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Building your

**CONFIDENCE
COMMUNICATION
& LEADERSHIP SKILLS**

by working with horses

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 men and women from all walks of life lessons that have the potential to change their personal and professional lives. How?

Equine Facilitated Learning (EFL). It's a powerful new educational approach that combines the latest human development research with equine training and relationship principles to facilitate the learning experiences of humans.



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. People who work with them regularly know that horses are emotional barometers. They have the uncanny ability to mirror human emotions - anger, frustration, fear, vulnerability, anxiety, joy and happiness - *in the moment*. In EFL, we recognize this and we build on it, coaching humans to realize their fullest potential with the help of our horses.

Building confidence. Coaching and informal lectures during each workshop encourage participants to gradually overcome counterproductive ways of thinking and reacting and build purposeful leadership and emotional agility skills.

Co-creating a new presence. Working with our horses individually and/or in a group, 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. Based in Baltimore, MD, Equinimity, LLC's owner and lead instructor, Anne Clemson, is a certified Advanced Approved Instructor of the Epona Approach™ to EFL. Anne also brings to her EFL programs over 25 years experience as a coach, executive and administrator in the employment and training/workforce development field.



“A serendipitous Facebook moment united me with Anne for her May 2009 Epona 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 Epona principles during the workshop. I knew I was on the right path after Anne's workshop. I've continued taking Epona workshops to hone my practice of the Epona concepts, which have been so helpful in my studies and navigating life choices. My Epona work has anchored my study of equine assisted therapies and plays a major role in my development of my professional identity as I prepare to graduate. Moreover, my Epona studies have given me the tools to craft a stronger and deeper relationship with my horse.”

Kristie E., Prescott, AZ & Baltimore, MD

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