

# EARTH ~ HEART SUMMER PROGRAM

## CREATE + PLAY + CONNECT

We Welcome Girls & Boys Ages Approx. 10-13 yrs



### BALANCE + CALM

Step into horse wisdom and connect to the magic of your heart. Learn yoga, meditation and more.



### NATURE LEARNING

Hands-on experiences and outdoor learning to inspire leadership, problem solving and creative self expression.



### CONNECT TO YOUR INNER WARRIOR

Self discovery and leadership activities. Build confidence, learn to listen to your inner voice and have fun!

Alex Leikmoser | [click@yogagurl.com](mailto:click@yogagurl.com) | 416.818.9642 | [yogagurl.com](http://yogagurl.com)

Bridget Ryan | [equineerin@gmail.com](mailto:equineerin@gmail.com) | 519.216.4562 | [equineerin.com](http://equineerin.com)



# LOCATION: ERIN HORSE FARM

Tuesday August 10 - Friday August 13, 2021

DAILY 9:30am to 3:30pm

Special Price: \$350 /participant + HST

Regular pricing: \$425. above includes \$25. materials fee

LIMITED SPOTS REGISTER NOW

\*No previous horse experience required as we will not be riding horses



## AIR EARTH FIRE WATER

### A DISCOVERY-STYLE INTERACTIVE 4 DAYS THAT COMBINES THE 4 ELEMENTS:

1. AIR : Breath/Yoga + Meditation + Horses
2. EARTH : Sticks + Stones + Wild plants
3. FIRE : Sun dials + Fire ceremony
4. WATER : SUP + Pond life

EXPLORE. EXPERIENCE. LEAD WITH YOUR HEART.

Build skills for a balanced life that will help you move you forward with confidence and joy

TO REGISTER, CONTACT BELOW:



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# CREATE + PLAY + CONNECT

\$350/participant + HST - Limited to 10 spaces  
Regular pricing: \$425. above includes \$25. materials fee



## EXPERIENCE MAGIC IN NATURE

yoga, SUP, horse grooming, clay, music + art



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# WILD CHILD, JUMP IN! REWILDING EXPERIENCE CONNECTION CONFIDENCE LEADERSHIP SKILL BUILDING

4 DAYS: AUG 10-13

## Sample Schedule:

10am  
11am  
12pm  
1pm  
2pm  
3pm

Yoga / Meditation  
Horse Interaction Time  
Workshop 1  
LUNCH  
Workshop 2  
Circle + Sharing

## WORKSHOPS MAY INCLUDE

- Horse + Farm Animal Connection
- Musical and Movement to get present
- Introduction to SUP + SUP Yoga on land and water
- Claywork
- Silk screening t-shirt design + creation
- Found object art/wood mobiles
- Fire building
- Forest and Plant Identification Walk
- Improv Exercises + Laughter
- Stone & Fossils collection and ID
- Chicken races

## LEAD WITH YOUR HEART

Hosted by: Alex Leikermoser + Bridget Ryan

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