Eponaquest
Agenda for 2-day Level 3 workshop

DAY 1

10:00 Introductions: Mandala, The Way of the Horse, Setting an Intention

Ground Rules for Maintaining Authentic Community — Part 1
Body Scan with Power Word
Meet the Herd 1
The 4-Step Process with the Emotional Message Chart

13:00 Lunch

14:00 The Emotional Message Chart

14:45 Boundaries and Safety Rules — Demonstration and Explanation
Exploring Energy Fields: Human-to-Human and Human-with-Horse

16:30 Closing Round

17:00 End

DAY 2

10:00 Check-In Activity: Body Scan and Intention for the Day

Ground Rules for Authentic Community Building — Part 2
Survival Behaviour vs. Authentic Self
Meet the Herd 2

13:00 Lunch

14:00 Skill-Building Exercise (Leadership): Embodying Intention
Reflective Exercise (Personal Development): Exploring Connection

15:45 Embodying Intention — Group Exercise

16:30 Closing Round

17:00 End