

## *2012 Special Weekend Intensives*

*Dancing Lessons with Alderlore . Learn how to cue basic steps that can be built upon to choreograph an entire dance routine.*

*[www.horsesatliberty.net](http://www.horsesatliberty.net)*



New for 2012! Join us for a weekend workshop on dancing with horses at liberty. Learn the fundamental steps which you can learn to build upon and choreograph your own dance to music with a horse of your choosing. Must have prior experience with working with horses on the ground and in the round pen.

Dates: Fri-Sat-Sun July 6,7,8 and Sept 1,2,3  
10 am - 4:30 pm at Alderlore, 384 Starks Road, Torrington, CT

Rates: \$ 600 per person, includes refreshments.

- 20 % discount for seniors and minors (over 65, under 16)
  - 20% discount for groups of 4 or more signing up together
- Participants limited to 6

## The Horses at Alderlore PRESENT



## 2012 Workshops

*Learn to Connect with Horses on a Deeper Level by  
balancing emotions, developing coherent body  
language, & cultivating Spirit Energy.*

*[www.horsesatliberty.net](http://www.horsesatliberty.net)*



*To know the Horse is to recognize your Self*

### **Everybody deserves time with horses.**

From time to time, everyone needs a horse to help show them the way. The Horses at Alderlore are here for you, in happy times and sad times - they will stand at your side, nuzzle your nose, and breathe with you. They can race with the wind - just to show you something about freedom and joy.

### **Grace & Grit : A One-Day Special Event for Families and Friends**

This year we are very excited to offer a one-day event designed especially for horse and non-horse people alike, for friends and families to reconnect, cultivate inner balance, integrate their natural energies and engage their innate spiritual selves.

Dates: Sundays, May 20, June 17,29, Aug 26

## **Energy & Spirit : 4-Level Workshop**

### **Level 1 : Energy Cultivation**

A comprehensive overview of Qigong designed especially for dancing with horses at liberty. Build awareness of inner and outer aspects of self, how to access deeper and more intuitive levels, and integrate inner emotions and outer expressions.

*Horse application: cultivate sensitivity for strong and lasting bonding with the horse.*

### **Level 2 : Awareness**

Learn how to eliminate emotional projections and dissolve contracted energy which keeps us from experiencing in a more direct, playful and spontaneous manner. *Horse application: Body language, posture and rhythm for moving with the horse at liberty.*

### **Level 3 : Presence**

Learn how to tap into an inner core of energy and expand that energy over a wider range. Dissolve one's defense shield and engage the world more fully and deliberately. *Horse application: build core energy to maintain leadership to help shape the horse's character.*

### **Level 4 : Coherence & Resonance**

Learn how to listen to and interpret the continuous interplay of energies within and without and how to align and balance them to maintain coherence in yourself and resonance with the horse.

*Horse application: Balancing yin and yang energies to engage the horse's natural enthusiasm.*

Dates:

Level 1: Sat May 26, Sun June 3

Level 2: Sat June 9, Sun July 15

Level 3: Sat July 21, Sun Aug 12

Level 4: Sat Aug 18



**All Sessions are held at 384 Starks Road, Torrington, CT from 10 am to 4:30 pm. Light refreshments included.**

**Reserve by phone 860-482-5381, or email [bonnitaroy@mindspring.com](mailto:bonnitaroy@mindspring.com) or online at [www.horsesatliberty.net](http://www.horsesatliberty.net)**

**Rates: \$ 135 per person per session. - 20 % discount for seniors and minors (over 65, under 16) and for groups of 4 or more**