



Creating the Sacred Space of Possibility

We Are 'Love Warriors' Retreat



Wintervale Ranch

Developing Leadership, Expanding Consciousness, Building Social-Emotional Intelligence, Mindfulness, Personal Presence & Authentic Community Through the Way of the Horse



Wintervale Ranch LOVE WARRIOR Workshop Learning Outcomes:

- Cultivate Gratitude and Unconditional Self-Love to become a LOVE WARRIOR in action
- Activate Your Authentic Self and Most Powerful Presence
- Access the Power Behind Emotions and the Important Messages They Carry
- Tap into Your Intuition and Expand Self- Knowledge
- Access the Somatic Wisdom of the Triune Intelligence Centers
- Practice mindfulness, self-care and radical self acceptance
- Align body, mind, heart and soul to live with greater intent and impact
- Improve communication and interpersonal relationships
- Expand social - emotional intelligence skills
- Establish and Maintain Clear and Consistent Boundaries to Maximize Effectiveness
- Have fun together making memories and learning new insights

Registration

Please complete Client Registration and Hold Harmless Agreement forms prior to scheduled workshop. Return to cyndie@wintervaleranch.com

Tuition &

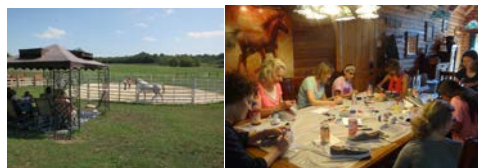
Tuition for day retreat is \$275 per person

Payment	Tuition includes lunch, snacks, bottled water and all materials.																											
What to Bring	Closed-toe shoes or boots required Weather- appropriate attire (layers recommended)																											
Proposed Schedule 	<table border="0"> <tr> <td>9:00</td> <td>Welcome</td> <td>Registration and continental breakfast</td> </tr> <tr> <td>9:15</td> <td>Grounding</td> <td>Retreat Overview and Retreat Resources</td> </tr> <tr> <td>9:30</td> <td>Centering</td> <td>Meditative Labyrinth Walk</td> </tr> <tr> <td>10:00</td> <td>Connecting</td> <td>Connecting with Intuitive Heart Wisdom</td> </tr> <tr> <td>11:00</td> <td>Expanding</td> <td>Embodying the LOVE WARRIOR Power and Presence</td> </tr> <tr> <td>12:00</td> <td>Nourishing</td> <td>Lunch and Love</td> </tr> <tr> <td>1:00</td> <td>Integrating</td> <td>Soul Collage and Heart's Desire</td> </tr> <tr> <td>2:30</td> <td>Reflecting</td> <td>Closing Reflections and Insights</td> </tr> <tr> <td>3:00</td> <td>Departure</td> <td></td> </tr> </table>	9:00	Welcome	Registration and continental breakfast	9:15	Grounding	Retreat Overview and Retreat Resources	9:30	Centering	Meditative Labyrinth Walk	10:00	Connecting	Connecting with Intuitive Heart Wisdom	11:00	Expanding	Embodying the LOVE WARRIOR Power and Presence	12:00	Nourishing	Lunch and Love	1:00	Integrating	Soul Collage and Heart's Desire	2:30	Reflecting	Closing Reflections and Insights	3:00	Departure	
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What is Equine-Assisted Experiential Learning  (EAEL)	Equine Facilitated Experiential Learning is a cutting-edge, powerful and effective leadership and personal development approach that is maximized through the partnership of human and horse. This dynamic, experiential method engages people in experiences that help them reconnect with their body and heart rather than just their analytical mind. Non-verbal communication and energy are pre-dominant features of each workshop. Horse related activities are done on the ground and no traditional riding is involved. At Wintervale Ranch, we use Equine Assisted Experiential Learning as a way to develop human potential, helping individuals and teams uncover the possibility within and take action to achieve personal and professional goals.																											
About the Instructor  Cynthia Hays, Ed.D., POH	Dr. Hays is a lifelong educator specializing in leadership development, change management, social/racial justice, community building , spiritual development and personal growth with deep connections to transformative power and wisdom of horses. She is an approved Eponaquest™ instructor, specializing in equine assisted experiential learning and leadership development (POH). She is a licensed school superintendent, high school principal, and K-16 teacher with over 30 years of experience in the field of education. She is also certified in organizational development, strategic planning, consensus building /conflict resolution, Integrative Health, Wellness & Spirituality, Energy Medicine, Choice Theory -Reality Therapy, Reiki and Massage Therapy.																											
Wintervale Ranch 	Wintervale Ranch offers the perfect setting for individuals, teams and small groups to explore what's possible, while connecting with horses and nature. Together with our herd of four-legged co-facilitators, we offer a variety of equine- assisted experiential workshops and retreats on our twenty acre farm with forested trails, perennial flower gardens, meditation labyrinth and a 360 degree landscape view of hills and valleys that provide the perfect atmosphere for discovering what's possible and for expanding our human potential, creativity and joy.																											
Map and Directions	We are conveniently located just 50 minutes southeast of the Minneapolis-St. Paul airport near River Falls Wisconsin. Please do not rely on GPS directions as this area has intermittent and limited internet connections. <i>See attached map and directions.</i>																											
Contact Us	cyndie@wintervaleranch.com or 612.940-9288																											

Winterville Ranch and Retreat Center
Dwell in Possibility and Love
Be and Become!



Leadership Development
Personal Growth
Teambuilding
Facilitated Retreats & Events



Please contact Cyndie Hays for more information at 612.940-9288 or cyndie@wintervaleranch.com

