

# HORSE REIKI RETREAT

OCTOBER 23-24, 2010

The Horse Farm is located in Franklin Grove, Illinois, about a 2 hour drive from Chicago. Walnut Grove Farm is owned and operated by Michael Soto, Reiki Master/Teacher/Shaman.



## For Certified Reiki Practitioners Only

Reiki I classes available in Wilmette prior to Retreat, see listing on website: [www.ardath.com](http://www.ardath.com).

A Hands-On learning experience where you will receive:

- Instant feedback from the horse partner, awareness of the present moment
- Feeling and understanding the energy that flows through you
- Quieting your mind while receiving deeper connection within yourself and Nature.
- Wonderful relaxing and radiant glow

What you will leave with:

- Feeling inspired and confident to help your own Horse or Animal friends heal
- Healing of Self, clearing your energy, being the witness and observing
- Knowing hand-placements for horses and other furry friends.
- A weekend of peace and harmony

## Sign up for a weekend of Reiki with horses.

Walnut Grove Farm is home to 8 horses, Thoroughbreds and Quarter horses, 2 dogs and 11 cats.

An added bonus! Anne Discepolo, Licensed Massage Therapist, will offer chair massage to workshop participants: (\$1.00/minute) Saturday evening. Tarot Card Readings will also be available.

**When:** Saturday, October 23, 2010 Time: 10 am - 6 p.m. through Sunday October 24 Time: 10am - 3p.m.

**Investment:** \$475.00 before October 3<sup>rd</sup>. \$525.00 after October 3<sup>rd</sup>. No refunds after October 9<sup>th</sup>. Payment in full is required with reservation.

**Where:** Walnut Grove Farm - Michael Soto's  
Address: 1435 Naylor, Franklin Grove, IL (Rock River Valley Area) About 2 hours west of Chicago.

Overnight accommodations available at the historic Pinehill Inn, 400 Mix Street in Oregon, IL, 815-732.2067 – request the discounted rate. [www.pinehillbb.com](http://www.pinehillbb.com)  
Or, bring your tent and camp out overnight in the Walnut Grove.

**Contact Information:** Ardath: 847.251.5776;  
[ardath@ardath.com](mailto:ardath@ardath.com), [www.ardath.com](http://www.ardath.com)  
Michael: 773.230.2327; [sotoequis@gmail.com](mailto:sotoequis@gmail.com)

**Spaces available:** minimum of 6, maximum of 8 participants for optimum healing and learning experience.

**If you plan to ride during the weekend, helmet and previous riding experience required.**

For more information, please go to [www.ardath.com](http://www.ardath.com).

Or call 847.251.5776

## AGENDA

### SATURDAY

Morning Program: Arrive at Farm by 10:30am

Introductions

Overview of Equine Reiki Process & How Horses Heal

Physical Introduction to the Horses

LUNCH – Farm Kitchen

Afternoon Program: Begins at 1pm

Work on Horses – 2 people to each animal

Tarot Readings & Massages

Horseback Riding Opportunities

DINNER – Thai Restaurant in Town

Option: Back to Farm for Marshmallow Roast/S'Mores or To B&B

### SUNDAY

Breakfast at B&B



Morning Program: Arrive at Farm at 11:30am

Go over Questions about previous day.

Guided Meditation in the Barn with Horses

Learn about Horse Health, keeping the animals naturally

LATE LUNCH – Farm Kitchen

Horseback Riding Opportunities

Thank You Gifts

Finish Up - Evaluations

Snacks available throughout both days in Farm kitchen.

Please advise us of any food and/or dietary restrictions when you book your space.



*Walnut Grove at the Farm*

