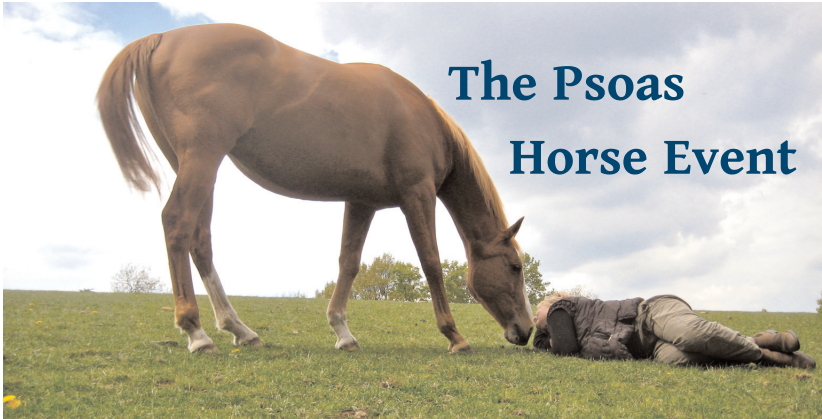


**4th July 2011: Hampshire, UK**



**Opening our field of energy to be in theirs!**

This is for horse people and non-horse people alike.

An educational and experiential session will be spent with the horses who will be at liberty in order to explore 'horse' and 'field energy'; movement, touch, non-touch and communicating with the horses within their consciousness and field of energy.

This is your opportunity to interact with horses in a very safe way with conscious awareness and genuine communion offered in peace, which is facilitated by two somatic educators, Liz Koch and Jo Osborne.

**Prices:**

These places are strictly limited to a maximum of 8 people which will be given on a first come first served basis. The fee is £85.00 per person with an Earlybird rate of £75.00 if received before 1st June 2011.

**Timings:**

10am - 1pm session with horses. Plus open discussion with whole group over lunch at a nearby venue. Lunch paid separately. The session with the horses is outside. Please note that the weather is the weather and may be kind or otherwise! Bring a coat!

**For more information visit:  
[www.joosborne.co.uk](http://www.joosborne.co.uk)  
[www.coreawareness.com](http://www.coreawareness.com)**

**To book contact Jo:  
01425 478768 or 07771 870389  
Email: [jo@joosborne.co.uk](mailto:jo@joosborne.co.uk)**

## **About Liz Koch**

Liz Koch is an international somatic educator, and creator of Core Awareness focusing on awareness for developing human potential. With 30 years experience working with and specialising in the iliopsoas, she is recognized in the somatic, bodywork and fitness professions as an authority on the core muscle.

Liz is a nationally and internationally published writer and the author of The Psoas Book, Unraveling Scoliosis CD, Core Awareness; Enhancing Yoga, Pilates, Exercise & Dance, and Psoas & Back Pain CD. Liz Koch is approved by the USA National Certification Board for Therapeutic Massage & Bodywork (NCBTMB), as a continuing education provider, and a member of and International Association of Healthcare Practitioners (IAHP)

## **About Jo Osborne**

Jo Osborne holds the professional position of being both an advanced holistic therapist for the benefit and welfare of individual horses and is also a bodyworker, therapist, movement teacher and healer for people. With consideration for both horses and humans Jo can fulfill the role of interpretator between the horse and the person in a healing capacity.

Jo is a British Horse Society Intermediate Teacher & Intermediate Stable Manager (BHSIT & Int SM), an Equine Sports Massage Therapist ESMAT, Human Massage Therapist (ITEC), Qualified Taijiwuxigong (Qigong) & T'ai Chi Teacher, Buqi Healer & Practitioner and Psoas Referral Practitioner. She holds the City & Guilds Certificate of Education Stage I & II.

## **The Horses**

The horses are worked with at liberty in a free choice environment and in a 'friendship' capacity. Unlike many horses they are not shut down. They have their opinions and expressions and sometimes offer entertainment in their own way. Days around them can be very different from one day to the next and yet their offerings and interactions are open hearted, reflective and present within the moment.

Participants will always have control as to how close or distant they want to be with the horses with plenty of opportunities to retreat to where the horses are not. The horses are taught that they are to keep their human fellows safe at all times and are mostly mindful of this. Participants will be kept safe at all times as far as is possible and so even people who fear horses should feel welcomed to have a new experience with such a majestic, powerful and heart centred sentient being such as is the horse.