

6. From Mindfulness to Beingfulness

'**Mindfulness**' has become a common concept these days and many people are benefiting greatly from this practice, however I feel that we can go further...

I believe we need to remember that we are more than just our mind: we are *Mind, Body & Spirit*.

Even these divisions are artificial and it's not actually possible to draw a line separating one from the other. Also each element contains others within it. But in order to be more holistic and balanced, I believe that we at least need to look at this wider picture in order to fully support our wellbeing.

I have therefore come up with the concept of '**Beingfulness**' which takes a step on from Mindfulness, and looks at how we can use this practice to step more fully into the joy and freedom of being our authentic Self.

In this new course, I look at what I mean by this term, and how we can use it to develop a deeper understanding of ourselves and of how to support our wellbeing.



Beingfulness

You can find the dates and times for all these workshops by visiting my website

**If none of the current timings work for you,
and you would like to attend,
please just get in touch
and we can arrange something
to suit you.**

For further information
on any of these workshops,
or to discuss creating a bespoke
holistic wellbeing package
for yourself and / or your animal
contact Robyn:

robyn@equenergy.com

07980 669303

or see my website:

www.equenergy.com



Workshops



**Inspiring transformation
through reconnection
with the joy and freedom
of being your authentic Self**

1. Feel Your Way from Stress into 'Flow'

This workshop is to support anyone who is looking for natural ways to deal with stress and overwhelm. It covers topics such as:

- tuning in to your body and getting present
- relaxation tips
- self-care

“9/10 – Very useful information.
“Great to go away with techniques to use”

10/10 – Everything in this workshop has been so useful and relevant for me and m life at the moment. I feel motivated and lighter. I will take this away and USE it.”

2. Basic Energy Healing for animal owners / carers

This workshop is for those who would like to learn how to use Energy Healing with their own animals. This helps to support recovery from illness or injury and is also great for general wellbeing, particularly as our pets get older. Topics include:

- what is Energy Healing and how does it work?
- preparing for and carrying out an Energy Healing session (including practical hands-on experience)
- how to close an Energy Healing session



3. Holistic Dog & Cat Care

Does your family include a beloved four-legged friend? Would you like to learn some holistic ways to care for their health and wellbeing? If so, then this workshop is for you. Here you can explore species appropriate nutrition, and what makes your animal tick, so that you can help to keep them healthy and happy, and enjoy a deep and lasting bond.



4. Animal communication

Have you often wondered what your animal is thinking ?
Have you wanted to ask them a question but not known how?

Would you like to know their favourite food or toy, or if they are in pain?

Well, you can!

In this workshop we explore facial expression and body language and also how to tune in to your animal in order to connect on this deeper level.



“Attending the Healing Workshop with Robyn and her Horses was one of the most enlightening, amazing and humbling experiences of my life. It has had a profound effect on me, in a positive way and has awakened a deep desire in me to learn and experience more about healing and especially with horses.”

5. If horses could talk...

Does your horse suffer from recurring health or behavioural issues, perhaps even meaning that you are unable to ride them for periods of time? Is this starting to impact on other areas of your life and taking up time and money that could be better spent on other things?

Equenergy two-day workshops help you discover an even deeper understanding of the needs of your beautiful horse, and what he is communicating to you, so that the two of you can work together in greater harmony.



“10/10 Well structured, well thought out workshop. Good visuals.”