

Awakening The Source of Your Creative Power

Thu, Apr 4, 2019 Sun, Apr 7, 2019

This peaceful ranch setting will provide a powerful space to explore and renew your inner connection and awaken the creative energy and forces within.

Join us April 4-7, 2019 in Pilot Point, TX to connect more deeply with your true sense of personal power, wisdom and purpose. This 3+ day adventure will include equine-guided wisdom, light yoga, meditation, Reiki, and plenty of time for journaling and reflection in a serene, nature-based setting.

This outdoor setting will open a powerful space to explore the nature of your Creativity, self worth, and the questions of your life.

What Does This All Mean Exactly?

Almost 30 years after graduation, Samantha, Alyce, and Sara were drawn back together based on our mutual interest and engagement in the fields of energy work and healing. After reconnecting and catching up, we decided to create a weekend wherein we can share our teachings and experience with our Hollins community.

We are inviting you to Sara's ranch in Texas to spend a 3 day weekend with us, to interact with the herd in a therapeutic way, enjoy simple yoga, guided meditations, and Reiki (ask Samantha all about it!). We will also play with essential oils, crystals, bells, and bowls, enjoy journaling and connecting with yourself in nature. Our hope is to offer this weekend to you as a place and time to reconnect to your deepest wisdom, meeting yourself here in midlife, and renew your sense of light and purpose in the world.

The Weekend Will Include

Guided, gentle, therapeutic interaction with the Horses, Heart & Soul® HerdReiki, meditation, yoga, breath work, sound, essential oils, and mudras used for grounding, creativity and connectedness. Exploring ways to connect more deeply to your intuition, creativity and wisdom. Simple teachings on neuroscience, attachment theories, and interpersonal psychology to ground the practices. Journaling, group discussion, paired practicing and experiential teaching will be utilized. All this in a beautiful setting with your classmates and friends.

Note: No yoga, meditation, or horse experience necessary. Adaptations can be made with every activity. All interactions with the horses will be on the ground (no riding involved). However, we will be in and around the barn and horses, so dress accordingly.

The three of us believe strongly in an integrative approach to exploring and healing that incorporates experiences. Through these methods, we are able to teach others how to tap into their own natural sources of health and healing from within, igniting their personal power to deliberately create the life they choose to live.

Throughout the weekend, we will help attendees learn to connect within, and to use that connection to identify not just the emotion but the energetic correlation between the emotion and its physical manifestation in the body--and how to work with it.

For this workshop, our attention will center on Root chakra, governor of our physical energies and sense of safety/security, and the Sacral chakra, house of our creative power.

Why are we partnering horses with yoga / energy work / creative process? (This is the best part!)

The nature of the horse holds sacred space to safely lean into our authentic selves. Horses inherently live from a place of the true present moment and mindful being. Their natural presence supports us in creating connection with our internal selves and wisdom. This beautiful partnership between didactic and horse herd values allows participants to step out of the traditional office setting and into an experience that supports attunement with our Authentic Selves: mentally, emotionally, physically and spiritually.

When / Where?

The weekend will begin with a reception and dinner on Thursday, April 4 from 5:00-7:00 pm at the Lone Star Lodge & Marina located in Pilot Point, Texas, where weekend accommodations are reserved.

Please check their website for directions and more information: <https://www.lonestarlodgeresortandmarina.com/> Thursday will be held at the Lone Star Lodge and Marina, consisting of dinner, and opening rituals!

Friday, April 5th and Saturday, April 6th sessions will be conducted at the spacious and serene WolfTree Ranch from 9:00am - 3:30pm; Sunday will run from 9:00am - Noon, location either at the ranch or Lone Star Lodge. Dinners will be on your own with recommendations from Sara.

Location of Sara's Ranch (further details will be provided upon registration)

WolfTree Ranch

Pilot Point, TX 76258

www.horsesheartandsoul.com

Everything will be taught on the yoga mat and/or chair--whatever you need to be comfortable. Be aware that much of our work will include the Herd, and for that our venue(s) at the Ranch will include the barn and adjacent rings and pastures. Long pants and boots are recommended. Once you register, we are glad to answer any and all questions you may have about what to bring.

Fees

\$900.00 - Covers the workshop plus lodging, single occupancy for 3 nights, Thursday reception and dinner, lunches on Friday and Saturday, and snacks/beverages all three days.

OR

\$750.00 - Covers the workshop plus lodging, double occupancy for 3 nights, Thursday reception and dinner, lunches on Friday and Saturday, and snacks/beverages all three days.

Accommodations are at the Lone Star Lodge & Marina (<https://www.lonestarlodgeresortandmarina.com/>) for the weekend.

Registration

You can contact Alyce E. Wellons, LCSW, 404.664.3110, alycewellons@hushmail.com, for further questions about the weekend, what to bring, or specific issues and concerns.

To register, you can go directly to Alyce E. Wellons, LCSW website:

<https://www.alycewellons.com/new-events/>

Please feel free to bring whatever you need (journal, food, props, clothing, sacred objects, allergy meds, hats/sunglasses, sunscreen, bug spray, and otherwise) to be comfortable during the weekend. Packing list and questions will be answered after registering.

We are limiting the workshop to 15 participants in order to cultivate a sense of safety, connection, and interaction.

At this time, we are offering it only to our Hollins Class of 1992. Starting January 1, if all 15 spaces aren't filled, we will be opening it up to the larger Hollins community, and then if still not full, to our own personal and professional circles. Our deepest hope is that our class will fill it up, allowing us a chance to come together almost 30 years after graduation to connect with ourselves and each other as the people we are now are.

Registration deadline is March 4, 2019. Space is limited to 15 participants. A waiting list will be kept. Due to limited capacity, you may request to cancel your participation for a full refund up to 30 days in advance of the event date.

You may cancel by phone or online. Cancellations received within 30 days of the event will only be fully refunded if someone on the waiting list can fill the spot. If no one can fill the spot, no refund will be given.

All registration questions can go to: Alyce E. Wellons, LCSW, alycewellons@hushmail.com, 404.664.3110

Airports: Dallas Love Field & DFW International Airport

Both airports are an hour drive from Pilot Point.

There is no public transportation available to/from the hotel. Participants will need to reserve a rental car. It would be nice if people could connect with each other and make arrangements to share a car! Let us know if we can help.

The Presenters

We are three women who graduated in the Hollins Class of 1992. After almost 30 years of life and love, we have all reconnected around the work we have found ourselves passionately involved in. Horses, energy work, psychotherapy, law, and the power of our own journeys, we are honored to share our wisdom with you.

Samantha K. Smith is a graduate of Hollins College, and of Samford University's Cumberland School of Law. She worked in the U.S. Congress for the eight years between Hollins and Cumberland, and has continuously practiced law in the areas of education and employment defense since 2004. In 2014, she established The HOL Dog, LLC, to provide consultation services to local pet owners on the benefits of raw feeding, use of essential oils, herbs, and other holistic, all-natural approaches to enhance and enrich the quality of the life experience shared between pet and owner. She was attuned to Reiki I and II in 2017, and became a Usui Reiki Master Teacher in 2018. She offers Reiki healing sessions to people and pets from her home in Birmingham, Alabama.

Alyce E. Wellons, LCSW has been a licensed clinical social worker in Georgia since 1999. She has maintained a private psychotherapy, supervision and consultation practice for over 17 years. She sees individuals and couples for short and long term psychotherapy, writes, teaches, and leads workshops and retreats all over the US and internationally. She has extensive training and certification in LifeForce Yoga with a specialization in trauma, as well as Mindfully Based Stress Reduction. In addition to over 17 years of training and experience in the practice of psychotherapy, Alyce believes in the use of respectful humor and laughter as one of the most wonderful and connecting aspects of life, especially in navigating some of the difficult passages we face along the way.

Sara B. Willerson, LCSW and Horses, Heart & Soul® provide Equine Facilitated Psychotherapy, Learning and Nature Inspired Creativity services for children and adults in the North Texas area. She and her herd live and work on 19 peaceful acres just north of Dallas, TX. She is a graduate of Smith College School for Social Work and Hollins College. She completed an Equine Experiential Learning Apprenticeship with Eponaquest in 2003 and is an Advanced Approved Instructor. She is tri-certified with and a board member of Equine Facilitated Wellness Canada. She is trained in Shamanic Practice and Healing Touch For Animals®. Sara's professional experience has focused on working with clients through issues of trauma, anxiety, depression, grief, and life transitions. Together with her equine partners, Sara invites everyone to experience the transformational healing power of the horse outside of the traditional office environment. For more information please visit www.horsesheartandsoul.com.