

# Core Connection

## EQUUS COACHING

Equus coaching is a different kind of experiential training. Nonverbal interactions with horses combined with coaching by your facilitators drive personal insights, growth and development.

Horses respond to intention, energy, and behavior, and will often mirror a person's state of being. They provide feedback on a person's congruence or authenticity. Your Equus coach will help you interpret the feedback from the horse as you work towards your goals together.

Horses teach us to be clear and consistent in our communication of healthy boundaries for ourselves and others, opening new possibilities for connection. They also model how to show up as our most authentic self and provide us with objective feedback.



## Romance at the Ranch

Celebrate Valentine's Day in a unique and unforgettable way at our Couples Equus Coaching workshop! Join us for an enriching experience where horses, the ultimate relationship experts, serve as co-facilitators and models for healthy connections.

### What to Expect:

- Discover the power of connection through Equus Coaching
- Learn new relational skills guided by our experienced facilitators
- Strengthen your bond as a couple in a picturesque ranch setting
- Have fun and create lasting memories together

Don't miss this opportunity to deepen your connection and ignite the spark in your relationship. **Limited availability, so reserve your spot now with concierge!**  
Sessions available February 14th 9am and 12pm and February 15th 9am.

## What you will Gain

- *Unique Bonding Experience: Engage in a one-of-a-kind bonding experience with your partner through Equus Coaching, strengthening your connection in a serene ranch setting.*
- *Communication Enhancement: Learn effective communication skills as you interact with horses, fostering better understanding and communication between you and your partner.*
- *Mindful Connection: Immerse yourselves in the present moment as you work with horses, promoting mindfulness and deepening your connection with each other.*



# About Your Facilitators

## ALISON HUNTER

Alison is a Licensed Marriage and Family Therapist in private practice in Santa Cruz and Monterey County, CA. Alison has a degree in Psychology from Tulane University and a Masters Degree in Marriage and Family Therapy from Chaminade University. Alison has been in private practice for 12 years and specializes in Couples and Relational Counseling. She is a certified Relational Life Therapy (RLT) practitioner, and has trained with Terry Real who developed the RLT model. Alison is also a certified Equus Coach and Master Facilitator with the Koelle Institute. Alison grew up with horses and is honored to share their relational wisdom with others.



## MARYCAY DURRANT

MaryCay marries love of human beings with over 30 years of business leadership experience. She is an alchemist who invites people to find fulfillment and joy in work, play and, more importantly, our relationships. MaryCay integrates nature and horses' wisdom as a template for resilience in our challenges, connection in our relationships and purpose in cooperative work. She found her own path through a challenging season of life through the healing power of horses and is dedicated to sharing their gifts with others. While she resides in San Diego with her husband MaryCay can most often be found on an adventure hiking great trails, playing with young people she loves, or serving communities. She is passionate about partnership and vitality



---

### *Romance at the Ranch Equus Schedule*

## Workshops Available

### ***Tuesday 13th:***

4:30pm - 5:00pm Meet and greet with Alison and MaryCay and demo of Equus Coaching

### ***Wednesday 14th:***

9:00am - 12:00pm Equus Workshop #1

1:00pm - 4:00pm Equus Workshop #2

### ***Thursday 15th:***

9:00am - 12:00pm Equus Workshop #3

## Sample Agenda

**8:45am - 9:00am** Check-in

**9:00am - 9:20am** Group introductions & herd dynamics

**9:20am - 11:00am** Couples round pen sessions to explore patterns and ways of connecting

**11:00am - 11:45am** Couples herding activity to support communication and connection

**11:45am - 12:00pm** Wrap up

*Sign up for one or multiple workshops to build on learnings and accelerate connection and growth.*