



EQUINE CO-FACILITATED ENERGY EXPERIENCES

Our Equine Co-Facilitated Energy Experiences offer a personalized blend of Reiki, intuitive guidance, shamanic practices, & the authentic presence of our horses to create a deeply transformative journey.

Full Circle Retreats

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www.retreatfullcircle.com



EQUINE CO-FACILITATED ENERGY EXPERIENCES

@ FULL CIRCLE RETREATS

RECONNECT WITH YOURSELF THROUGH THE WISDOM OF THE HERD.

OUR EQUINE CO-FACILITATED HEALING EXPERIENCES BLEND **REIKI, INTUITIVE GUIDANCE, AND THE AUTHENTIC PRESENCE OF OUR HORSES** TO CREATE A DEEPLY RESTORATIVE JOURNEY. EVERY SESSION IS UNIQUE AND UNFOLDS NATURALLY, WITH THE HORSES CHOOSING IF AND HOW THEY PARTICIPATE. YOUR FACILITATOR, TRAINED IN REIKI, EQUINE PSYCHOLOGY, HERD BEHAVIOR, AND INTUITIVE HEALING MODALITIES, GENTLY INTERPRETS THE HORSES' INTERACTIONS WHILE GUIDING YOU THROUGH A PERSONALIZED HEALING EXPERIENCE.



INTRODUCTION TO THE HERD

60-MINUTE EQUINE ENERGY EXPERIENCE (SEMI-PRIVATE)

INVESTMENT: \$88 (OR 3 FOR \$199)

PERFECT FOR FIRST-TIME GUESTS OR ANYONE WHO WOULD LIKE TO EXPERIENCE THE HEALING PRESENCE OF THE HORSES WITHOUT LYING ON A MASSAGE TABLE.

THIS INTRODUCTORY SESSION TAKES PLACE WHILE STANDING OR SEATED COMFORTABLY IN A CHAIR INSIDE THE Paddock. YOU'LL BE GUIDED THROUGH A BRIEF GROUNDING EXERCISE AS YOUR FACILITATOR BEGINS TO TUNE INTO YOUR ENERGY WHILE OBSERVING THE HORSES' NATURAL RESPONSES.

THIS EXPERIENCE INCLUDES:

- GROUNDING AND INTENTION SETTING
- BRIEF ENERGY ASSESSMENT
- CO-FACILITATED INTERACTION WITH THE HERD
- INTERPRETATION OF HORSE BEHAVIORS AND ENERGETIC INSIGHTS
- PERSONALIZED FEEDBACK AND RECOMMENDATIONS

A BEAUTIFUL INTRODUCTION TO THE WISDOM OF THE HERD FOR THOSE WHO ARE CURIOUS, CAUTIOUS AROUND HORSES, OR SIMPLY WANTING A GENTLE FIRST EXPERIENCE.



WISDOM OF THE HERD EXPERIENCE

90-MINUTE EQUINE CO-FACILITATED ENERGY SESSION (PRIVATE)

INVESTMENT: \$188 (OR 3 FOR \$499)

OUR SIGNATURE HEALING EXPERIENCE.

YOUR SESSION BEGINS WITH GUIDED BREATHWORK AND GROUNDING PRACTICES TO HELP REGULATE YOUR NERVOUS SYSTEM AND PREPARE YOUR BODY TO RECEIVE. YOU'LL THEN REST COMFORTABLY ON A MASSAGE TABLE IN THE Paddock WHILE YOUR GUIDE BEGINS THE ENERGY WORK. THROUGHOUT THE SESSION, THE HORSES ARE FREE TO PARTICIPATE IN WHATEVER WAY FEELS NATURAL TO THEM. SOME MAY QUIETLY STAND NEARBY, GENTLY INVESTIGATE DIFFERENT AREAS OF THE BODY, EXHALE DEEPLY, ROLL IN THE GRASS, OR SIMPLY OBSERVE FROM A DISTANCE. EVERY INTERACTION IS RESPECTED AS INFORMATION RATHER THAN EXPECTATION.

YOUR **WISDOM OF THE HERD EXPERIENCE** WILL BE AN INTUITIVE BLEND OF:

- REIKI ENERGY
- GUIDED BREATHWORK
- GROUNDING TECHNIQUES
- GUIDED VISUALIZATION
- INTUITIVE MEDIUMSHIP
- SHAMANIC PRACTICES
- SHADOW WORK
- ANCESTRAL ATTACHMENTS
- ENERGETIC RELEASE
- INTERPRETATION OF EQUINE BEHAVIOR & HERD DYNAMICS

YOUR EXPERIENCE WINDS DOWN WITH SPACE TO DISCUSS THE HORSES' INTERACTIONS, ENERGETIC THEMES THAT EMERGED DURING THE SESSION, AND PERSONALIZED GUIDANCE FOR CONTINUED INTEGRATION. YOUR SESSION COMES TO A **CLOSE WITH 30 MINUTES OF REFLECTION IN OUR ONSITE HIMALAYAN SALT CAVE.**





THE DEEP INTEGRATION JOURNEY

120-MINUTE EQUINE ENERGY & INTEGRATION EXPERIENCE (PRIVATE)

INVESTMENT: \$288 (OR 3 FOR \$699)

DESIGNED FOR THOSE SEEKING A MORE PROFOUND HEALING EXPERIENCE AND ONGOING SUPPORT.

THIS OFFERING INCLUDES EVERYTHING FOUND IN THE WISDOM OF THE HERD EXPERIENCE, PLUS INTENTIONAL INTEGRATION TO HELP YOU EMBODY THE INSIGHTS RECEIVED DURING YOUR SESSION.

EACH SESSION IS INTUITIVELY GUIDED AND PERSONALIZED TO WHAT ARISES IN THE MOMENT. YOUR GUIDE MAY WEAVE TOGETHER REIKI ENERGY, GUIDED BREATHWORK, GROUNDING TECHNIQUES, VISUALIZATION, INTUITIVE MEDIUMSHIP, SHAMANIC PRACTICES, SHADOW WORK, EXPLORATION OF ANCESTRAL OR GENERATIONAL ATTACHMENTS, AND ENERGETIC RELEASE. RATHER THAN FOLLOWING A PRESCRIBED FORMULA, THESE MODALITIES ARE USED AS APPROPRIATE TO CREATE SPACE FOR DEEPER AWARENESS, REFLECTION, RECONNECTION, AND RELEASE.

THE DEEP INTEGRATION JOURNEY INCLUDES:

- **90 MINUTES** INSIDE THE Paddock
- VERBAL INTERPRETATION OF EQUINE BEHAVIOR & HERD DYNAMICS
- EXTENDED TIME FOR INTEGRATION, REFLECTION, AND PROCESSING
- **SUPPLIED JOURNAL** FOR NOTE TAKING FOLLOWING YOUR EXPERIENCE
- PERSONALIZED INTEGRATION RECOMMENDATIONS
- **30 MINUTES** TO REFLECT IN OUR ONSITE **HIMALAYAN SALT CAVE**
- **ONE 45-MINUTE FOLLOW-UP INTEGRATION CALL** 1-2 WEEKS AFTER YOUR SESSION

HEALING DOESN'T END WHEN THE SESSION IS OVER. OFTEN, THE DEEPEST TRANSFORMATIONS OCCUR IN THE DAYS AND WEEKS THAT FOLLOW. THIS PACKAGE OFFERS CONTINUED SUPPORT AS YOUR EXPERIENCE INTEGRATES INTO DAILY LIFE.



🐾 MOE - The Steady Leader



NOBLE, WATCHFUL, AND NATURALLY INCLINED TO TAKE RESPONSIBILITY, MOE IS LEARNING THAT HE DOESN'T ALWAYS HAVE TO DO SOMETHING TO MAKE A DIFFERENCE. HIS INVITATION—TO HIMSELF AND PERHAPS TO US—IS TO RELEASE THE NEED TO FIX, MANAGE, OR CONTROL AND DISCOVER THE **POWER OF SIMPLY BEING PRESENT.**

HIS ENERGY REMINDS US: YOU DON'T HAVE TO FIX EVERYTHING. YOUR PRESENCE IS ENOUGH.

❤️ BUNTA - The Nurturer



A MOTHER AT HEART, BUNTA CARRIES A REMARKABLE TENDERNESS SHAPED BY HER OWN LIFE EXPERIENCES. HER STORY HOLDS POWERFUL THEMES OF MOTHERHOOD, LOSS, BODILY AUTONOMY, COMPASSION, AND RECLAIMING CHOICE. GENTLE YET DEEPLY NURTURING, SHE REMINDS US THAT OUR PAST CAN BE PART OF OUR STORY WITHOUT HAVING TO DEFINE WHAT COMES NEXT. HER ENERGY REMINDS US: YOUR BODY IS YOURS. **YOUR CHOICES ARE YOURS.** YOU GET TO WRITE WHAT COMES NEXT.

💖 QUAY — The Sensitive Soul



EXCEPTIONALLY SENSITIVE AND DEEPLY AWARE OF SUBTLE CHANGES AROUND HER, QUAY HAS BEEN DESCRIBED AS A FINELY TUNED INSTRUMENT. HER QUIET PRESENCE INVITES GENTLENESS RATHER THAN FORCE AND REMINDS US THAT SENSITIVITY ISN'T SOMETHING THAT NEEDS TO BE OVERCOME—IT CAN BE A PROFOUND FORM OF AWARENESS. HER ENERGY REMINDS US: SENSITIVITY IS NOT WEAKNESS. THERE IS WISDOM IN FEELING DEEPLY.

🐎 Scorpion - The Curious Helper



CONFIDENT, INTELLIGENT, CURIOUS—AND SOMETIMES JUST A LITTLE SPICY—SCORPION ISN'T ONE TO QUIETLY FADE INTO THE BACKGROUND. HE LIKES TO KNOW WHAT'S HAPPENING, WANTS TO BE INCLUDED, AND ISN'T SHY ABOUT EXPRESSING HIMSELF. HE HAS AN UNUSUAL ABILITY TO FOCUS HIS ATTENTION ON AREAS OF THE BODY ASKING FOR AWARENESS OR RELEASE AND IS ABLE TO HOME IN LIKE A **GIFTED SURGEON**. HE IS GENUINELY INTERESTED IN THIS WORK—AND VERY CLEAR THAT HE'D LIKE TO BE PART OF IT. HIS ENERGY REMINDS US: **BE CURIOUS. PAY ATTENTION.** SOMETIMES THE PLACE ASKING FOR YOUR ATTENTION ALREADY KNOWS THE WAY FORWARD.



Meet Your Guide

For more than 30 years, “Amy K” has worked at the intersection of the physical body, energy, intuition, and Spirit.

Her professional foundation as a **Physical Therapist Assistant** gave her decades of experience understanding anatomy, movement, and the human body. Alongside that work, Amy spent those same years developing her intuitive gifts and studying **Reiki, energy work, mediumship, shamanic practices, breathwork, shadow and inner-child work, and ancestral and generational patterns**. She has also facilitated dozens of plant-medicine experiences and **worked alongside Indigenous communities** in supporting intentional integration.

These experiences eventually evolved into Amy's approach to **Soulular Healing**—personalized energy work that honors the physical, emotional, energetic, and spiritual layers of the individual.

But Amy's connection with horses began long before this offering.

Years ago, Amy shared an extraordinary bond with her blind horse, Joker. Rather than allowing his blindness to define what his life could be, Amy moved into a room beneath the barn so she could help him navigate his new world. She even bought him a goat named Penelope for companionship.

Their relationship required extraordinary trust, presence, and communication beyond words. Joker taught Amy to listen differently—to notice subtle cues, honor an animal's individuality, and sometimes enter their world rather than expecting them to enter ours.

Today, Amy brings all of these experiences together as facilitator of Full Circle Retreats' Equine Co-Facilitated Energy Experiences, combining her knowledge of the human body and energy with training in equine psychology, horse behavior, and herd dynamics.

During a session, Amy listens to the entire space—the participant, the energy, and the movement and behavior of the herd. When a horse chooses to engage, she draws upon her training and intuition to help the participant explore what that interaction might invite them to notice.

Human. Horse. Energy. Intuition.

Each is given a voice. ❤️

Energy work and Full Circle Retreats' Equine Co-Facilitated Energy Experiences are supportive wellness practices intended to assist in relaxation, personal exploration, self-awareness, and spiritual well-being. They are not medical or mental-health treatment and are not intended to diagnose, treat, cure, or prevent any physical or psychological condition.

Equine Co-Facilitated Energy Experiences

BOOK YOUR SESSION TODAY INFO@RETREATFULLCIRCLE.COM



INTRO

- 60 MINUTES
- CHAIR SEATED OR STANDING WITH GUIDE
- ENERGY ASSESSED
- INTERPRETATION & INSIGHTS GIVEN

\$88

3 FOR \$199



HERD
EXPERIENCE

- 90 MINUTES
- SIT OR LAY ON A MASSAGE TABLE
- GROUNDING, BREATHWORK, VISUALIZATIONS
- MEDIUMSHIP, SHADOW WORK, & ENERGETIC RELEASE ARE POSSIBLE
- PERSONALIZED INTEGRATION
- 30 MINUTES IN THE HIMALAYAN SALT CAVE

\$188

3 FOR \$499



DEEP
INTEGRATION

- 120 MINUTES
- SAME AS HERD EXPERIENCE PLUS:
- SUPPLIED JOURNAL
- ADDITIONAL TIME INSIDE THE PADDOCK
- ONE 45 MINUTE FOLLOW UP INTEGRATION PHONE OR ZOOM CALL*

\$288

3 FOR \$599



FOLLOW UP
SESSIONS*

- 45 MINUTES VIA PHONE OR ZOOM
- REVIEW OF SESSION
- GUIDANCE FOR CONTINUED HEALING PRACTICES

\$66

* MUST BE WITHIN 1-2 WEEKS OF ENERGY SESSION
PRICES SUBJECT TO CHANGE UNLESS UNDER CONTRACT