



BLACK DIAMOND
horse wisdom for the human heart

2021 WORKSHOPS

INNER WISDOM

This workshop is for people who would like to explore the different resources each of us are born with, but that we are never really made aware of and know how to actively use.

Our natural state is perfect health. Imagine if you could connect with your body and find out that the shoulder pain was not from the long day at work, but from the hurtful comment made to you by someone or some other reason. Imagine if you could use breathing to influence your health, as well as a way to communicate with others. Guess what? You have 3 brains and your heart is one of them. Discover the power of the heart field and ability of it to draw things into your life. How about if you no longer needed to suppress emotions and learned to work with the valuable information, they contained for you? Last but not least is your energy is also an important resource. How and on what are you spending it? What gives you energy and what takes it away?

In this workshop you will learn about the following five resources and how to access and use this inner wisdom for everyday life. Horses are great to learn with, as you discover and learn how to use these resources.

- Body
- Breathing
- Heart
- Emotions
- Energy

Date: July 24-25, 2021 (in German) or
September 4-5, 2021 (in German)

Times: 10.00 – 18.00h Saturday / 09.00 – 16.30h Sunday

Price: CHF 500 / Euros 460, incl. 2 lunches & snacks

Cancellation Policy:

Cancellation up to 30 days prior to the event start date results in a credit of 50% of the workshop tuition. There is no credit for a cancellation 30 days or less before the event start date. In such a case, it is possible for you to select someone who can take your place.



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YOUR AUTHENTIC SELF

This workshop is for people who would like to connect with the energy of joy.

Our true self is the state of joy we felt as a baby. This lasted until about 3 years old when people started putting expectations on us, what we should do, how we should behave, how we should dress, later how we should think, what kind of profession we should pursue, etc., etc. Of course, we go along with our parents and others in order to be loved and accepted. However, as an adult we realize that we are not really happy. Often, we find that we have drifted away from whom we really are deep inside. The inner fire is not as bright as it once was or could be. Things get heavy in spirit and heart. If this is the case, it's time to start making new choices that are in alignment with your heart.

In this workshop you will learn to differentiate between the conditioned version of yourself (your mask) and your true self. Whereas people seek conformity, horses seek authenticity in others. You will enjoy the feeling of being you and being accepted by others. You will be open to how your heart speaks to you and discover the sources of joy in your life.

Date: April 24-25, 2021 (in German)

Date: May 1-2, 2021 (in English)

Times: 10.00 – 18.00h Saturday

09.00 – 16.30h Sunday

Price: CHF 500 / Euros 460, includes lunch/snacks

Cancellation Policy:

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YOUR TRUE DESIRES

This workshop is for people who would like to bring inner visions to reality.

We all have inward journeys that take us to places where we connect with our inner visions and dreams. It's time to dust off the cobwebs from your inner visions and desires and bring them to reality, especially if these visions have been showing up repeatedly. Everything is possible when you are willing to step outside of your conditioned comfort zone/socially-accepted behaviors and follow your heart.

In this workshop you will take an inward journey to connect with your visions and desires. You will become aware of what beliefs you have around these visions and desires and how to move past them step by step. Horses act in alignment with how they feel and give us the courage to do the same.

Date: June 5-6, 2021 (in German)

Date: June 12-13, 2021 (in English)

Times: 10.00 – 18.00h Saturday / 09.00 – 16.30h Sunday

Price: CHF 500 / Euros 460, incl. 2 lunches & snacks

Cancellation Policy:

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OWN YOUR LIFE

This workshop is for people who would like to more responsibility for the quality of their life.

A lot of us go through life like a flower in the wind. We go one way if the wind is coming from one direction and go another way, as soon as the wind changes direction. While outside circumstances are in a state of constant change, the question arises what impact this has on your inner state? Do you tend to see yourself as a victim or do you tend to take action to make the best of what life offers you, so you can still reach your goals?

In this workshop you will learn about taking responsibility and action during leading exercises with horses. Interacting with horses will demonstrate the importance of present moment awareness, connection to yourself and the horse and situational leadership based on mutual trust. Horses are looking for people with leadership qualities, whom they can naturally follow in different situations. Once you begin to master leadership skills with horses, then these skills can be easily transferred to your personal life.

Date: July 31-August 1, 2021 (in German) or

Date: August 28-29, 2021 (in German)

Times: 10.00 – 18.00h Saturday / 09.00 – 16.30h Sunday

Price: CHF 500 / Euros 460, incl. 2 lunches & snacks

Cancellation Policy:

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