

Healing with Horses

A Gentle Equine Reiki Experience for Peace, Connection & Reflection



Join us for a restorative experience of connection, mindfulness, and healing presence with horses. This introductory Equine Reiki workshop offers a gentle space to rest, breathe, and experience the calming support horses naturally offer through their quiet wisdom and companionship.

Through guided meditation, simple mindfulness practices, and peaceful time with the horses, participants will explore how calm presence and compassionate awareness can support emotional balance, relaxation, and inner peace during the healing journey.

No experience with Reiki or horses is needed. All activities are optional and will honor each person's comfort level, energy, and pace, as well as the comfort and choice of the horses themselves.

This gathering is an opportunity to slow down, receive support, and experience the healing power of presence, connection, and stillness in the company of our amazing horse friends.

Kathleen Prasad is the founder of Animal Reiki Source and creator of the *Let Animals Lead*® method of Animal Reiki. With more than 28 years of experience supporting animals and the people who love them, Kathleen will be your guide for this gentle experience of healing, presence, and connection with horses.

Location

Miwok Equestrian Center
701 Tennessee Valley Rd
Mill Valley, CA 94941

Space is limited

Register today at
[MyMarinHealth.org/reiki](https://www.marinhealth.org/reiki)

