

# Healing Horses naturally!

## 2.5 Day Course for Horse Lovers and Horse Professionals

### Learn how to help horses:

- Heal from Illness
- Recover from Injury
- Be calm and present
- Perform better
- Be physically and emotionally vibrant and healthy
- Communicate their needs

Imagine yourself being able to offer healing and support to the horses you love and work with! You can, and you will, when you learn the amazing healing powers of Equine Reiki.

*"Thank you for introducing me to Tanran Reiki! It has become a way of life for me. Walking out each morning with an abundance of love to give is incredible. Horses are such amazing creatures and great healers themselves. With Reiki I am able to help heal them as well as help them keep a balanced mindset through their training. Last week a client mentioned that when her horses have spent time with me their energy seems different. They are calm and when they work it is in a settled way of going with a soft eye and little tension. WHAT A BLESSING!"*

**Kim Peterson 2012**

Reiki is an ancient energy healing modality you can use on your own horses or offer as a professional service. Horses absolutely love it, so do other animals and humans.

Riders become more centered, relaxed and in tune with their horses!

Equine Reiki is very easy to learn and will bring you to a different level of consciousness. You will engage your intuitive ability to

communicate with animals and learn how to do hands-on and remote distance healing, meaning you can support, help and heal no matter where you are.

**Gift this course to yourself and the animals in your life! Let yourself experience the profound heart connection and joy that happens in Equine Reiki! Being in deep union and harmony and helping the animals heal on all levels of their being- naturally!**

### Fully Accredited Equine Reiki Course

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**Date:** Various  
**Start:** Friday 3pm  
**Finish:** Sunday 6pm

**Facilitator:** Sonja Bollnow  
and the fabulous Horse Herd

**Location:** "Banyandah"  
Howlong NSW/VIC border

**Investment:**  
\$640 if paid 6 weeks prior to course start, \$720 thereafter

**Includes:** 20 Course hours, an extensive Course Manual and Reiki Level I & II Certificates.

Please note that registration closes 2 weeks prior to the course commencement date as this is when the Course Manual is posted to you. 6 prior study hours are required.

Register at  
<http://tanranreiki.com.au/sign-up-now/>



# Further details



To offer Equine Reiki courses springs from my deep desire to make our planet a better place for the animals and horses in particular – one human at a time. When we want to be there for the animals, we have to be there for ourselves first. In working and healing with animals, we need to become aware of our own energy, our own way

of being, thinking and acting and how it serves our connection with them – or not.

**The deeper we allow our connection to the animals to become, the greater our knowledge and understanding of their true nature, creating a whole different way of being with them and ourselves, of co-creating and healing. In that space intuitive animal communication is natural.**

I bring many years of teaching, coaching, group facilitation and healing experience to this course. Learning will be easy and fun for you. You will not only be a confident Equine Reiki Healer - which you can offer professionally if you wish after this course - but you will begin to experience your own healing journey along the way.

Visit <http://tanranreiki.com.au/equine-reiki/> for more information and general background regarding Tanran Reiki.

**Course schedule:** Friday 3 - 7pm, Saturday and Sunday 8:30am - 6pm.

**Accommodation:** We recommend for you to stay at the beautiful venue and make it a retreat weekend for you. Have a look here and be inspired: <http://banyandahnaturally.com.au/equine.html>  
There is the gorgeous "Lighthouse" for \$60/night (plus \$20 linen hire option) or camping using the "Cattleman's Hut" for \$20/night. Please email Jane Reid at [banyandahnaturally@bigpond.com.au](mailto:banyandahnaturally@bigpond.com.au) to book your accommodation at Banyandah or call (02) 6026 8800.

**Food:** Teas/coffees and snacks are provided. Both accommodation options have fabulous self- catering facilities.

**Horse Boarding:** If you wish to bring your own horse, yards are available for \$15/day – booking through Jane Reid.

**Bookings:** Course size is strictly limited! A \$150 non-refundable deposit secures your space. Registration closes two weeks prior to course start when you will receive your manual.

Contact Sonja at [sbollnow@hotmail.com](mailto:sbollnow@hotmail.com) or phone 0435 776 985 to request your space.

**Payments:** Can be made by cheque, direct bank transfer or PayPal at <http://tanranreiki.com.au/sign-up-now/>  
Bank Transfer to: ANZ Bank "Sonja Bollnow" BSB 013-247 Account 5778-24418 with your name as reference.

*"An absolutely amazing course. I work with horses and having learned Equine Reiki has enabled me to connect so much better with them and help them on a physical as well as emotional level." **LS 2010***



*"Fabulous experience, great teaching skills and content. Very uplifting weekend coming away with confidence in carrying out Reiki on both people and animals." **Jan Smith 2014***



*"Wow! What a weekend, I learnt so much about Reiki, myself & love. The energy shift within is incredible." **Jen 2013***



# EQUINE REIKI COURSE – OUTLINE:



The Equine Reiki Course generally runs over 2.5 consecutive days. The first day is about your connection to the Reiki energy (Attunement Level I) and becoming familiar with channelling it to yourself and others including horses. The second and third day is connecting with the energy on an even deeper level (Attunement Level II) and working mostly with the horses in direct contact as well as over long distance.

This course requires prior study time of approximately 6 hours, so the major part of the actual course time is spent less with theory and more with "hands on". Following are some of the things you will learn in the Equine Reiki course:

*"The course has given me more than an Equine Reiki certificate. It has opened me up to the most beautiful act of inner healing". **Nancy 2013***

*"I was fortunate to have a sponsored spot in Sonja's Equine Reiki class in 2013 as Director of animal charity Animal Endeavours based in QLD. I would recommend this accreditation for anyone who would like to achieve a deeper spiritual relationship with the horses and rescued souls in their life. Sonja is a beautiful, non-judgmental teacher who spends the entire course showing you how capable you are, helping students be at peace within themselves and to then share that love with the world. Thank you Sonja, I know our rescue creatures will pass their thanks also". **Michelle 2013***

## 1. Reiki – Past and Present

- What it is
- Benefits
- Tanran Reiki
- Attunements and Symbols
- Case studies – Humans and Animals

## 3. An understanding of the Human's:

- Basic Anatomy
- Energy Field (Aura)
- Major Chakras

## 4. Learning and practicing Equine Reiki

- Creating and working in 'sacred' space
- Receiving permission from the horse
- The 3 gestures of Tanran Reiki
- Intuitive hand placements and 'fall back' positions
- Deepening communication and understanding with the horse
  - How to listen and receive
  - What to look for
  - What to expect
  - What to allow for
  - Trusting oneself
  - Intuition and intent
  - Energetic connection

## 5. Professional Equine Reiki Practice

- How to show up
- Practical considerations
- Advertising and building of a practice
- Treatment Protocol
- Charging for sessions
- Insurance
- Liability Waiver

## 2. An understanding of the Horse's:

- Basic Anatomy
- Energy Field (Aura)
- Major Chakras
- Emotional and mental capacities
- Ways of communicating and body language
- Emotional and mental capacities
- Effects of Intentionality
- Verbal and non-verbal communication
- Complete Reiki Treatment on self and horse
  - Hands on
  - Hands off
  - Sensing and balancing energy and chakras
  - Long distance healings
  - Methods for tracing disturbances
  - Symbol usage and placement
  - First Aid treatment
  - Healing the past and the future
  - Session Report
- Advanced energy balancing techniques
- Surrogating
- Byosen Scanning
- Reiki and Riding

## 6. Plus

- Connecting to your true Self
- Various Meditations
- Japanese Reiki techniques
- Supporting yourself on all levels of your being
- Embracing your healing journey