

# GET-AWAY WEEKEND

## PERSONAL GROWTH WITH HORSES AS TEACHERS

June  
6-8th

### Does this sound familiar?

- Do you feel like being on a hamster wheel and you cannot get off?
- Do you think that situations/problems keep repeating themselves in your life and nothing changes?
- Do you feel alone, worried or overwhelmed by life and believe that you deserve something better?
- Do you always put others first (job, family, partner, pets, etc.) and don't have time for yourself?

If so, then sooner or later, and maybe already now you are unsatisfied, stressed, and it's taking a toll on your happiness.

### As a result, you maybe wondering and asking yourself these questions:

- Is this what life is all about?
- Is there more to life than this?
- What is my purpose in life?
- Whose life am I really living?

**This workshop will open the door for a more heart-based life!**

It's an opportunity to take your time and dive deeper into these questions, showing you how to find your own answers. We will guide you through a process of self-reflection, self-awareness and self-discovery, so you can identify opportunities for change.

### Horses are wonderful teachers

They are the best teachers for the power of being in the here and now and for exploring ways to use the intelligence of your body, heart, emotions and energy to guide you towards a more meaningful and purposeful life.

*No prior horse experience is required; all exercises are done from the ground. Even people with great respect for horses find a way to connect with our gentle co-trainers.*

***"We enjoyed our experience because of your ability to guide the personal development processes with much empathy, competence and success, thanks to your many years of experience as a coach in equine-facilitated learning. Thank you very much!"***



Bilingual:  
English/  
German



## Your Facilitators

### Marina Parris - Coach Equine-Facilitated Learning

Marina led change programs for teams in international companies. Later on, she discovered the power of working with horses and how helpful they were in her own life.

Since 2011, Marina has been a certified Eponaquest Instructor guiding hundreds of people through personal changes in their lives and supporting leaders to become more effective through the way of the horse.

[www.marinaparris.com](http://www.marinaparris.com)



### Ancilla Schmidhauser - Storyteller & Coach

Her passion for storytelling came from the realization that many of the existing storytelling methods only focused on facts and figures. As they did not involve the heart, they were neither very effective nor sustainable. Ancilla's storytelling taps into the power of the heart and involves the feelings and emotions that are needed to drive change.

It gives untold stories a voice and recognizes the need for people to be seen and heard. This combination ensures that storytelling has a strong impact and leads to the desired results.

[www.business-storytelling.com](http://www.business-storytelling.com)



**You will go home with a new sense of self-empowerment and clarity about how to move forward, while feeling a joyful lightness within you.**

### Join us - turn your life around!

**Who:** Women between 20 and 65 (max. 12 people)

**Date:** June 6-8th, 2025 (Friday: 6pm, Saturday: 9 - 5 pm, Sunday: 9 - 2 pm)

**Location:** ArsNaturalis, 4634 Wisen

**Price:** CHF 888/Person, early-bird offer CHF 777 until February 28, 2025 (incl. workshop, vegetarians meals (Friday evening, Saturday lunch and Sunday lunch), snacks & refreshments, excl. accomodations)

**Registration:** [hello@marinaparris.com](mailto:hello@marinaparris.com)



MARINA PARRIS  
horse wisdom for the human heart



**ArsNaturalis**  
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