



Centered Riding® Creativity Workshop – *Ride! Write! Draw!*

“Creativity is intelligence having fun!” Albert Einstein

What? This weekend workshop will help participants explore the Centered Riding experience and interaction with horses and nature as a springboard to creativity, particularly creative writing, poetry, journaling, drawing and painting, and other creative forms of self-expression.

When? Friday evening, June 10, to Sunday afternoon, June 12, 2016.

How? Participants will take part in Centered Riding sessions, both mounted and groundwork, focusing on mindfully allowing the CR experience to spark their creativity. They will then explore their creative expression through their choice of writing and/or art.

Who? The workshop will be facilitated by:

- Alys Culhane, Level I CR instructor, author and poet, from Alaska;
- Susan Harris, Level IV CR instructor, illustrator, artist and author, from New York state; and
- Mary Trafford, Level III CR instructor, medical illustrator, writer and poet, from Quebec, Canada.

Where? The workshop will be hosted by Centered Riding Instructors Sally Bauder and Karol McCarty, at Hillcroft Stables, in the beautiful hills near Schenectady, New York. All meals and lodging at the farm are included .

Why? Sally Swift, founder of Centered Riding, emphasized the use of both the left brain (information processing) and right brain (imagery, intuitive) in learning. This workshop will explore that process, nurturing creative expression through writing and art, as part of and inspired by the CR experience.

Cost? \$300 for the weekend, including all meals (Friday night supper through Sunday lunch), lodging (bunkhouse style) on the farm, use of horses and all activities. Group is limited to 8 participants, so please don't wait! Please bring your own journal and/or art materials if you wish to participate in art or journaling.

Information: To register, please contact Alys Culhane, 907-745-4747, alysculhane@hotmail.com

Clinic Hosts: Sally Bauder, 518-864-5878 , salbauder@aol.com

Mary Trafford, 819-827-2892 or marytra4d@gmail.com

Susan Harris, 607-423-2812 or sueharris46@yahoo.com