

**Join bestselling author Linda Kohanov**  
for a life changing experience of renewal, power and hope.



## The Power Behind Nonviolence Horse Sense for Challenging Times

June 28 to 30: A One-Day Introductory Overview  
or a Three-Day Equine Facilitated Intensive

**What might we all accomplish if we finally understood how to be powerful, together?**

**The Power Behind Nonviolence** brings horse sense to human situations. Best selling author and equine-facilitated learning pioneer Linda Kohanov shows how the skills she accessed to rehabilitate a dangerous formerly abused stallion can be translated into communicating effectively in challenging human interactions. In doing research for her fourth book, *The Power of the Herd*, ten years after she first formed a partnership with a volatile horse named Midnight Merlin, Linda realized that gaining the trust of an aggressive stallion was an ancient power story.

**“No one made this controversial notion more apparent to me than my stallion Merlin,”** Linda emphasizes.

“Misunderstanding and punishment created the monster he became. I knew I would never be safe around him until his trauma was transformed, not through naive, ‘it’s not his fault’ indulgence, but through a heroic use of power combined with mindfulness, compassion, and self-control. Whenever I achieved this balanced state of power in myself, Merlin would shift from violence to thoughtfulness and respect, learning over time to trust feelings of safety, connection, affection, and wellbeing. If a horse can achieve this, why can’t we?”

**Linda’s only appearance in the Midwest in 2019 offers two options:** You can attend a larger indoor seminar Friday, June 28, to learn key skills during a daylong event at Antioch University Midwest. If you would like to go deeper and practice additional skills, you can also attend an additional two days, June 29–30, of equine-facilitated learning activities at The Riding Centre. The latter is a small-group intensive for five people only.



**This seminar is for anyone who wants to learn new ways to transform interpersonal conflict,** power struggles, bullying, and other challenges at home, school, and work, as well as in political, religious, or social activism contexts. You’ll learn to engage compassionately with others while holding them accountable for unproductive behavior, creating constructive alternatives to interactions that normally result in shame, blame, and retaliation. And you’ll learn how to negotiate blocks to success while keeping your heart and mind open, allowing you to tap the power, vision, and courage to follow your dreams.

**This workshop is for** leaders, teachers, parents, counselors, health care workers, clergy, social activists, first-responders, law enforcement personnel, and people who work or live with those who act out in aggressive or intensely fearful ways at times, including trauma survivors, soldiers and veterans with post-traumatic stress, and their spouses and other family members.

“At home, school, work, and most definitely in politics, we often find ourselves standing by, watching nasty altercations we can neither predict nor stop, knee-jerk reactions that start unnecessary battles that sometimes erupt in shootings, beatings, and large scale acts of terrorism,” Linda says. “It’s not enough to ask, ‘Why can’t we all just get along?’ We must make some serious culture-wide efforts to ask, ‘How can we all get along.’ To even attempt to answer this question, we must stop playing the victim and demonizing others. We must stand up to aggressors, some of who also see themselves as victims of past injustice (and occasionally truly are). And we must resist the urge to use shame as a weapon. To do this we need power combined with compassion. We need to exercise *emotional heroism*.”

***No horse experience or previous interest in horses is necessary.*** The workshop employs safe and enjoyable ground activities with specially trained horses to help you exercise the confidence and nonviolent power you need to effectively transform interpersonal challenges into trust building, problem-solving experiences.

### **In this workshop, you will learn how to:**

- Foster trust, respect, and connection in challenging situations
- Help others manage fear and anxiety in times of significant change or competition
- Recognize the antiquated, often unconscious power plays that people engage in regardless of culture, religion, nationality, or social status
- Employ nonverbal and conversational techniques for diffusing conflict and gaining cooperation from dominant, confused, frightened or aggressive people
- Use emotions as information in professional situations (without needing to discuss the emotions themselves)
- Develop “emotional heroism”, that rare combination of power and compassion, courage and self-control, accountability and forgiveness that great secular and religious leaders throughout history used to create significant social change.



*“Significant social change is not going to occur until sensitive, caring people become empowered rather than overwhelmed. We need thoughtful, compassionate individuals to enter situations where suffering and conflict occur, and show a different form of strength, one that holds people accountable without becoming abusive. Otherwise we will continue to see frustrated, disillusioned teenagers acting out violently, bullies stirring up fear to gain control, and sociopaths callously thriving at others’ expense.”* – Linda Kohanov

### **June 28: One-Day Introductory Key Skills Overview**

**Cost:** \$150 – Includes lunch and materials

**Time:** 9:30 am to 5:00 pm

**Location:** Antioch University Midwest • Multi-Purpose Room • 900 Dayton Street • Yellow Springs, Ohio

### **June 28 to 30: Three-Day Equine-Facilitated Intensive (includes Friday June 28<sup>th</sup>)**

**Cost:** \$950 – Includes lunch, materials and horse-facilitated experiences

**Time:** 9:30 am to 5:00 pm daily

**Location:** **Day One** – Multi-Purpose Room, Antioch University Midwest, 900 Dayton Street, Yellow Springs, Ohio 45387

**Days Two and Three** – The Riding Centre, 1117 E. Hyde Rd, Yellow Springs, OH 45387  
(Facility Hours: 9 am to 6 pm) • [www.ridingcentre.org](http://www.ridingcentre.org)

**For Info and Registration: Visit** – <https://eponaquest.com/lindas-workshops/>

**For More Information or Assistance contact** – [info@eponaquest.com](mailto:info@eponaquest.com) or 520-455-5908

**Sponsored by:** The Riding Centre, Antioch University Midwest, Faith Morgan, and Plan Curtain.

*“After reading Linda’s book, The Tao of Equus, I was very interested in how horses could help heal human trauma and relationships. I attended two workshops with Linda in Arizona and found interacting with horses under Linda’s direction very revealing, healing, and empowering.”* – Faith Morgan, Yellow Springs, OH