



Horse Guided Empowerment®

Motivate deep personal change in all relationships

by MarzMethod® Christina Marz 2021



Discover

the transformational energy of horses
that inspires and empowers you towards a more fulfilling life.

*For thousands of years,
horses helped humanity evolve.*

Horses provide a sense of inspiration, calm and wonder in us. Today, it is proven that the presence of horses has positive psychological effects on us. As sensitive prey animals, horses are acutely aware of their surroundings. In fact, horses can read our intention and connect to our emotions. In this way, horses are able to guide us towards deep insight into our social, emotional and cognitive states.



Connect to the **Herd's Wisdom**
to overcome difficulties.

Find your authentic voice and
transform your **Potential.**

Horse Guided Empowerment® by MarzMethod is an innovative method for motivating deep personal change in coaching and therapy sessions for teams, individuals and families.

We offer the following services:

- International Certification for Professionals
- Team Sessions
 - Leadership
 - Communication
 - Problem Solving
- Individual Sessions
 - Assertiveness
 - Trauma Therapy
 - Relationship Coaching
 - Healthy Stress Management

EmpowerMe©



Power Pose & Visualization

Step 1

Sitting on a chair, close your eyes and place your feet on each side of the chair, as if you were sitting on the back of a gentle horse that you feel a special connection to. You are riding the horse in an inspiring landscape such as a beach or a field. You can completely trust your horse and feel safe on his back.

Suggestion: inhale for 3 seconds, and exhale for 3 seconds.

Step 2

Slightly lift your chin and spread your arms wide, opening your chest and connecting to your heart. As you open your arms, the horse walks or canters along the landscape, and you feel carried by your horse with protection and guidance. You can feel a warm breeze on your face and hear the hoofs drum the ground.

Suggestion: With each inhale, anchor this moment. With each exhale, let go of any anxiety or doubt.

Connect with a herd near you

Please consult our international directory to find a certified Horse Guided Empowerment® Facilitator near you and schedule your first session:



ChristinaMarz.com/facilitator-directory



Instagram.com/marzmethode_intl

