

DH RANCH PRESENTS

# Awakening the Spirit

through the Spirit of the Horse



August 15 - 19, 2022

*A 5 Day Memorable Experience for Women*

Elders, Prayers, Smudge  
The Moss Bag Project  
Tree of Strength Art  
Nutrition Education  
Women Empowering Women  
Burn & Release Ceremony  
Hike and Creek Cleanse  
Yoga & Fitness

Spirit of the Horse Learning  
Spirit Walks  
Sharing Circles  
Vision Boards  
Massages



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Tsuut'ina, AB

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## Schedule

|          | 15-Aug  | 16-Aug  | 17-Aug  | 18-Aug  | 19-Aug  |
|----------|---|---|---|---|---|
|          | Monday  | Tuesday                                       | Wednesday                                     | Thursday  | Friday  |
| 9:00     | Prayer, Smudge, Introductions, and Awakening the Spirit (Sonya) | Prayer, Smudge, Yoga (Alycia)                 | Prayer, Smudge, Fitness (Daisy)               | Prayer Smudge, Hike and Creek Cleanse (Sonya, Julie, Cayda) | Prayer, Smudge Nutrition Education (Alleycia & Amy) |
| Location | Barn  | Outdoors                                      | Outdoors                                      | Outdoors  | Barn  |
| 10:00    | Health Break  | Health Break                                  | Health Break                                  | Health Break  | Health Break  |
| 10:15    | Spirit of the Horse EAL (Sonya, Cayda, Julie)                   | Spirit of the Horse EAL (Sonya, Cayda, Julie) | Spirit of the Horse EAL (Sonya, Cayda, Julie) | Spirit of the Horse EAL (Sonya, Cayda, Julie)               | Spirit of the Horse EAL (Sonya, Cayda, Julie)       |
| Location | Arena   | Arena   | Arena   | Arena   | Arena   |
| 11:15    | Sharing Circle (Elders, Sonya, Julie)                           | Sharing Circle (Elders, Sonya, Julie)         | Sharing Circle (Elders, Sonya, Julie)         | Sharing Circle (Elders, Sonya, Julie)                       | Sharing Circle (Elders, Sonya, Julie)               |
| Location | Tipi  | Tipi  | Tipi  | Tipi  | Tipi  |
| 12:00    | Lunch/Barn  | Lunch/Barn                                    | Lunch/Barn                                    | Lunch/Barn  | Lunch/Barn  |
| 12:45    | Tree of Strength Art (Julie)                                    | Horse Back Riding                             | Moss Bag Project (Jessie)                     | Moss Bag Project & Massages (Carly & Kendra)                | Horse Back Riding                                   |
| Location | Tipi  | Arena   | Barn  | Barn/Massage Tipi   | Arena   |
| 1:45     | Tree of Strength Art (Julie)                                    | Horse Back Riding                             | Moss Bag Project (Jessie)                     | Moss Bag Project & Massages (Carly & Kendra)                | Horse Back Riding                                   |
| Location | Tipi  | Arena   | Barn  | Barn/Massage Tipi   | Arena   |
| 2:45     | Health Break  | Health Break                                  | Health Break                                  | Health Break  | Health Break  |
| 3:00     | Healing Journey (Rae Dawn)                                      | Burn and Release Ceremony (Jenien)            | Moss Bag Project (Jessie)                     | Moss Bag Project & Massages (Carly & Kendra)                | Closing Ceremony & Certificates                     |
| Location | Barn  | Tipi  | Barn  | Barn/Massage Tipi   | Barn  |
| 4:00     | Horse Spirit Walk   | Horse Spirit Walk                             | Horse Spirit Walk                             | Horse Spirit Walk   | Siyisgaas   |
| Location | Arena   | Arena   | Arena   | Arena   |   |
| 4:30     | Closing Prayer  | Closing Prayer                                | Closing Prayer                                | Closing Prayer  |   |



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## Indigenous Women Empowering Indigenous Women

### Spirit of the Horse ~ EAL, Riding, & Spirit Walk with Sonya & Cayda Dodginghorse



Sonya is a Professional Barrel Racer and has a bachelors of Education and committed her life as an Educator to support the academic and healthful development of Youth. Sonya, her husband Brent, and daughter Cayda own the Dodginghorse Ranch. They also have many achievements in rodeo, knowledge of horses, and a sustained commitment to community which make the DH Ranch ideal partners to facilitate teachings from the Spirit of the Horse. Together they raise awareness for Indigenous issues and share their journey of Intergenerational Healing and the Importance of Awakening the Spirit within yourself: Strength, Empathy, Resilience, DH Ranch, Horses, Indigenous and Diversity Education. DH Ranch recognizes that intergenerational knowledge, combined with equine assisted learning and horses can aid in healing, reduce anxiety, build confidence, and encourage participants to achieve excellence in other areas of their lives.

### The Moss Bag Project with Jessie Fiddler-Kiss



Jessie is a member of the Metis Nation and a mother of 3 who currently calls Bragg Creek her home; her paternal family comes from the Batoche Metis settlement in Northern Saskatchewan, and her maternal side from Scotland and Norway. She is the Founder and Executive Director of The Moss Bag Project- a non-profit whose mission it is to create sustainable and reciprocal structures of support by focusing on the health of Indigenous families and children. She is grateful to her ancestors on both sides of her family for all their prayers and gifts in this lifetime, and is always dreaming of how to best serve her and all of our great grandchildren. In this moss bag making session you will learn the moss bag creation story and recognize that you always belong even when there are hard time in your life. You will learn the spiritual and physical teachings of the waspsion and some traditional child rearing practices- and you will leave feeling confident in your ability to make and use a moss bag and be responsible to share the teachings to your great- grandchildren.

### A Healing Journey with Rae Dawn Whitney



Rae Dawn Whitney is from the Tsuutina Nation, she is a single mother to two wonderful sons who are her heart and world. Rae Dawn shares her experiences of substance misuse and recovery in hopes to inspire others to follow their path to healing.

### Burn and Release Ceremony with Jeanine Starlight



Jeneane Starlight is from Tsuut'ina Nation. She will share a process of her own healing journey called the Burn and Release ceremony. A burning ceremony is a transformative ritual traditionally performed as a way of releasing something that no longer serves you. During a burning ceremony, fire is portrayed as a powerful symbol of wisdom, knowledge, passion, and purification. The burning ceremony is a way of releasing the past, negativity, old resentments, hurt, grudges, regrets, or suffering, and focus on what is more significant to us.



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## Land Based Yoga with Alycia Two Bears

Alycia Two Bears is a single mother to five beautiful children. She created Land Based Yoga, combining her knowledge as a certified 200RYT, 85 hour Prenatal Instructor and 40 Yin Certified Teacher with her Traditional 2 Spirit Métis-Cree teachings. This workshop approaches 4 major limbs of Yoga that overlap with Traditional Teachings in a Ceremonial way. Utilizing the connection between body and breath. Alycia's hope is you learn to safely move your body and nourish yourself in ways that only you can.



## Massage with Carly Simon

Carly Simon is a Certified Holistic Health Practitioner, Registered Massage Therapist, and Certified Yoga Teacher. During the time period of 2008-2013, she studied to become a Holistic Health Practitioner and Massage Therapist. From 2016-Present, she studied at the Mandorla Yoga Institute and learned Thai Yoga Massage as well as obtained her 200-hour Yoga Teacher Certificate. Thai Yoga Massage is a modality that combines traditional Thai massage, and Yoga Therapy into one. This treatment can be done while the client is clothed. Thai Yoga Massage consists of the therapist taking the client through a series of movements, supported yoga poses combined with massage. This treatment is meant to relax, decrease pain and increase energy throughout the body. All treatments will be specific in meeting with the recipient's comfort level and goals.



## Raynor Massage with Kendra Taypotat

Kendra Taypotat is a Cree First Nation woman from Kahkewistahaw First Nation. She is an educator and business owner of K & D Wellness. She has a passion for helping others heal, helping individuals connect with their physical, mental and spiritual self. She is certified in Raynor Holistic Massage for Trauma and Release. The Raynor massage is a safe yet highly effective deep tissue massage style designed to peel through all four layers of tension while working with your breath at your threshold of tolerance. It is a partnership model approach to help you in ways not previously thought possible with traditional massage therapy. By nearly eliminating all pain from chronic conditions, increasing your mobility, helping you relieve depression, anxiety and trauma we can bring you back to an overall balanced state of health and well-being. Raynor Massage can be intense at times and it does require your participation through assisted deep breathing. Sometimes it invokes an emotional response so in rare instances you might have an emotional release through crying, laughing, growling or coughing. We believe tension in your body is tied to these emotions so they must be released through the body work.



## Tree of Strength Art , EAL, & Vision Boards with Julie Dodginghorse

Julie Dodginghorse is from the Tsuut'ina Nation. She is a single parent of 2 girls. She is a passionate worker, working with the HDMAN youth riding program but also assists the DH Ranch as a Facilitator, and transportation for child and family services. Her passion is her family, and she loves helping the youth. Growing up with horses and cattle on the ranch is something she loves and shares with her children. She has overcome many obstacles with addictions and is on her own healing journey to continue to break cycles. She uses horses and art therapy to heal, and she shares her healing journey to encourage others.



## Nutrition Education with Amy Neufield and Alleycia Onespot

We don't always eat just to satisfy physical hunger. Many of us also turn to food for comfort, stress relief, or to reward ourselves. And when we do, we tend to reach for junk food, sweets, and other comforting but unhealthy foods. You might reach for a pint of ice cream when you're feeling down, order a pizza if you're bored or lonely, or swing by the drive-through after a stressful day. Amy and Alleycia educate others about emotional eating and nutrition education. Throughout the week the team will provide health break options and education.

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## Fitness with Daisy Dodginghorse

Daisy is from the Tsuut'ina Nation. She is a single mother to a beautiful daughter. She has started and evolved within the fitness industry from an early age. Competed as an athlete within middle, junior, high school and community teams; she is familiar with multiple sports and the training needed for athletic success. Over the years she had the privilege of learning various techniques and styles of training from multiple sports trainers and fitness coaches. She's worked with clients of all ages ranging from youth to senior ages. Daisy has also developed fitness programs for her community for all ages. Going on to invest more in her passion for fitness she has also taken Exercise Science at Lethbridge College and then going on to take her CanFitPro, NCCP, and AFLCA certificates. Daisy shares her journey to assist others with their health and fitness goals.



## The Teachers - Why Horses?

Horses are sacred medicine. They can help to heal the wounds that cause the mind, body, and soul to shift out of alignment. Horses are herd animals that inspire our attention and presence. In the horse's world, they expect respect and teamwork, and they react to our stimulus. Therefore, it is the horse that is and will be our teacher and help us to heal in our own way. Throughout the week, participants will be connecting with the horse spirit and navigate through various activities: Equine Assisted Learning, Horse Back Riding, and the Spirit Walk.

Disclaimer: This is not a psychotherapy program.

## DH Ranch Cancellation Policy

No Tolerance Policy for Cancellations. Please bear in mind that it take time to plan, reschool the horses, and set up equipment.

- If an individual, group, family misses/cancels a session, they will still be required to pay for that missed session.
- If the Ranch needs to cancel session(s) we will make up the session(s), or we may also credit on a future invoice.
- If an individual or student will be away for a length of time (i.e. family vacation, school commitments) then the individual or student will not be charged for the missed session provided there is at least seven business days) for the dates the individual will be away.
- For individuals, students, families or groups who have current paid-for or prepaid a deposit for programming at the former pricing, we will be continuing with those programs until the program is done. Once the previous program is completed the individual, student, group or family will be transitioned to our new pricing.



## Grey Eagle Casino and Resort

DH Ranch Room Rate \$149/Night plus applicable taxes.

Check in August 14, 2022

Check out August 19, 2022



## Safety & Waivers

Visit our website for the safety and waiver forms.

Forms | DH RANCH (dhranch44.com)

