



NATURAL WHISPERINGS™ Experiential Learning Classes

What is "experiential learning"? Experiential lessons are carefully crafted and facilitated "experiences" with the intent to develop a deeper awareness and connection to our inner natural resources. They can be accomplished with or without the assistance of animals.

Experiential Classroom Lectures: We are bringing some of our horse workshop experiences to you in brief 2-hour interactive individual or group sessions, using various exercises to give you the essence of the horse workshops, but without the horses. We have also created some exercises especially for indoor learning such as an experiential tea tasting and an energy treasure hunt. Each 2-hour class is self-contained. Though the classes repeat after a 7-lesson series, you do not need to attend them in any special order to grasp the gem of knowledge in each one. Even if you attended a class before, we can promise it will be different the next time you attend, because you will be different. We are always evolving our classroom experiences.

Class Descriptions:

1. Personal Energy Types & Modulation

Learn through direct experience about: Types of personal energy; how to modulate your energy in different situations; and how to use your personal energy as a barometer to make life choices.



2. Personal Energy & Healing Wisdom

Discover the wisdom of messages contained in your body which can be used as tools for healing physically as well as emotionally. This class is for anyone, whether in the healing arts or working on self-healing.

3. Personal Energy & Emotional Wisdom

Rediscover the value of information your emotions hold for you in your personal energy space and how to use their messages in your daily life. Learn how to better observe and regulate your own emotions inside your body and with others.

4. Personal Energy & Relationships

Uncover ways, through guided experiential exercises, to use energy awareness in relationships, to set healthy boundaries, and discern who and what you allow in your life.

5. Personal Energy & Building Mindfulness

Learn how to develop mindful awareness in everyday experiences within your own personal energy field and with others. It will all start with a mindful tea tasting and finish with a surprising treasure hunt.



6. Personal Energy & Active Engagement

How can you bring more "just right" energy into what you do every day? How can you energize those around you? This experiential class will help you develop an awareness of personal energy at play in every move you make as well as how it affects you and others.

7. Personal Energy & Dancing with Life

This class will focus on how to use the give and take of energy within yourself, with others and with everyday things. Learn how to work in the flow of the moment and dance with whatever comes into your life.

Make an appointment to reconnect with your personal energy today!

All Experiential Classroom Lectures:

Location: Natural Whisperings Farm, Canby, OR, USA

Presented by: Joanna DeRungs, Experiential Learning Facilitator.

Pricing: \$50 per person for 2-hour Session. Individual or Group. Beverages and snacks are included.

Registration: www.NaturalWhispering.com/Registration

