

Empower - Enlighten - Evolve *through* Equines™

About Us

Equus Elemental offers personal development and transformational growth workshops, trainings and coaching utilizing a unique equine-guided teaching process which can provide profound and immediate results in all areas of people's lives.

Equine guided education has developed as a way to create dramatic personal and professional growth in areas such as relationships, communication, leadership, responsibility, empathy and awareness. Using the powerful, subtle and honest guidance of horses in our seminars and workshops accelerates the personal growth process through guided interaction, allowing you to make fast and lasting change.

Horses are incredible mirrors and teachers, they reflect back to us exactly what we are projecting out to the world. When we consciously open to their teaching, they provide us with unlimited opportunities for growth by mirroring to us our true-self immediately and non-judgmentally. They become guides to our inner world teaching us how to be present in the moment, how to hold focus and intention, how to communicate honestly and how to be truly aware of the things around us. This leads to real world, tangible benefits in all areas of our lives.

Our seminars and workshops are intended for those who are looking to actively make changes in their personal lives, businesses, organizations and in the world as a whole.

Equus Elemental is a member of the Equine Guided Education Association (EGEA).

Media Contact: Genevieve Morrill

Phone: 310-890-1246

Email: genevieve@equuselemental.com

www.equuselemental.com

Our Team

Equus Elemental brings over 15 years of horse training and horsemanship expertise together with more than 20 years of combined personal development and teaching experience to offer a unique equine guided learning process. We meld these fundamentals with a keen understanding of equine communication, and the belief that horses are innate spiritual teachers.

Our trainings incorporate experiential education models (which engage participants in direct experiences with the horses and focused personal reflection to increase knowledge, develop skills and clarify values), along with accelerated learning techniques (horses provide feedback moment by moment of what is congruent or incongruent in our ways of being) to create long-term benefits and retention.

Ezra Marrow

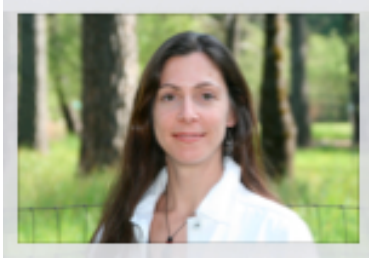


Ezra's life mission is to teach and model heart-centered leadership, guiding people towards full empowerment so they can create tremendous change in their lives, families, businesses and beyond. He has spent much of his adult life teaching and training others.

Throughout the years Ezra has had the opportunity to work in a diverse array of areas including emergency medicine, management, personal and professional training, leading adventure tours in the U.S. and Mexico, and training horses. He began mastering his equine skills over seventeen years ago managing a 2500 acre ranch in Southern Colorado, where he spent his time working with over 70 horses and guiding hundreds of people into the Rocky Mountains.

Over the past decade he has worked with a wide range of equine disciplines and breeds in his own horsemanship business, gaining a loyal following of students throughout the United States and into Canada. Through the years Ezra has found the horse to be a profound teacher, offering a connection to truth that accelerates people's personal growth beyond traditional methods. Because horses require more of us than we often require of ourselves, he feels they give us a rare opportunity for learning and significant change. Ezra brings his passion for growth and his wealth of experience dynamically into his work with individuals, groups and organizations.

Briana Lorenz-Marrow



Briana draws on a diverse background to inform her teaching and facilitation. She is a Certified Professional Coach who has worked in corporate management, professional development and marketing where her ability to focus groups towards a common goal and mobilize creative action produced tremendous results.

Her experience also includes teaching outdoor and experiential education to young adults and children where she developed curriculum aimed at creating cooperation, building relationships and increasing trust and understanding. Additionally, for the past 11 years she has been co-creating feminine community leading women's circles and retreats. She holds degrees in Women's Studies and Sociology.

Briana has been riding horses since the age of 12 and brings a strong foundation and understanding of the horse, and horsemanship philosophy, to her teaching. She believes that part of the gift of the horse is to facilitate openness and learning through accelerated modalities that otherwise could not take place. Over the past seven years she has partnered with Ezra to train people in areas of business and personal development. Briana's life work has always been focused on service to others, empowering them to manifest their own highest purpose.

Judy Askins



Judy is a Certified Equine Guided Educator with an uncanny ability to intuitively elicit, identify, and interpret another's inner emotions combined with their outward appearance, body language, and actions. She is an award winning writer, director, producer, and actress who spent 28 years in the entertainment industry.

She was published in "Chicken Soup For The Horse Lover's Soul", and her past work includes private coaching, teaching workshops, classes and seminars, and speaking at colleges. She encourages her students to identify what they want and then make positive choices to achieve their goals.

Judy's earliest & fondest memories are of horses. Their awe-inspiring presence struck a deep heart-felt connection that continues to thrill and fulfill her life long passionate journey. She began rehabilitating "problem" horses and their owners

over twenty years ago in the Los Angeles area and worked part time as a trail guide in Griffith Park. She has been a devoted student of natural horsemanship for the past nine years under the tutelage of many acclaimed and highly skilled clinicians and teachers.

She is fully committed to honoring and expanding your process, as revealed by the horse, as well as honoring the horses' process in this unique experience. Her dedication, awareness, passion, and steadfast encouragement create a safe environment where you have the opportunity to learn practical tools and techniques, which can be integrated into all areas of your life.

The Equus Elements

Empower

- Responsibility
- Confidence/Honoring Emotions
- Leadership

Horses accelerate your personal growth because they mirror changes in your thoughts and actions immediately, moment by moment. Facing fears, finding inner-strength and accepting responsibility for creating your life allows you to respond from a place of consciousness and empowered choice. Through the subtle and non-judgmental guidance of the horse, you will learn to open to your emotional intelligence, honoring what your feelings have to offer. Working with the horse's non-verbal expression we begin to understand that true leadership is less about what we say, and more about what we do.

Enlighten

- Communication
- Intention
- Alignment

Because horses communicate down to the most subtle levels, they offer you a profound opportunity to understand how your energy, body language and non-verbal forms of communication affect those around you. Opening to the horse as an innate spiritual teacher, you are guided to relax, release, become fully present and connect to your own deepest essence. From this space you can create true and profound connection with another. Guiding horses through an activity teaches you to focus your concentrated energy directly towards what you are doing and where you want to go, and to clarify a concise intention and plan for communicating what you truly want.

Evolve

- Empathy/Compassion
- Awareness
- Intuition

Working with the horse you develop the attentiveness to self that allows you to make decisions in your life more consciously. As you learn to hear and trust your internal guidance the right choices begin to reveal themselves more effortlessly.

Expand the essential human qualities that allow you to feel, understand, and respond to the suffering of others. Develop the openness required to understand another's experience with tolerance through the non-judgmental expression of the horse. Learn from the horse how to first improve your awareness of self, then expand that awareness out to the world around you. Discover that you can maintain your focus on a specific goal or outcome, while still being aware of the whole picture.

Equines

- A Herd of Two™

Develop embodied decision making by understanding the internal "Herd of Two" created between your ego-self and your Higher-self. Learn to make harmonious decisions that align your head and your heart. Through the horse, you receive immediate and honest feedback about any incongruity between your inner and outer messages.

Top 10 Benefits

1 ~ Increase Confidence, Self-esteem & Personal Responsibility

Learn to respond to circumstances from empowered choice instead of from fear, reaction or self-doubt. Develop new tools and behaviors to support your intentions. Discover the critical difference between “being responsible to” versus “taking responsibility for” another person. Break through the barriers, fears and limitations that hold you back in your life leading to success and achievement of your goals, both personally and professionally.

2 ~ Respect and Honor Your Emotions

Learn to hold your space and create positive, empowered boundaries without closing down to the world around you. Explore and reveal your emotions and their shadows (fear, anger, worry, defensiveness). Learn to honor them, feel them fully and consciously, receiving what they have to offer, and then release them. Create a space for personal growth, self-awareness and forgiveness to enter, increasing your openness, trust and empowerment. This leads to a release of stress and pain, a more balanced life, improved health and an experience of your life as more expansive and fun!

3 ~ Develop True Leadership

Develop your ability to fully trust your own decisions and lead others through your example by creating a clear connection to your leader within. Create an atmosphere of trust in which you are able to influence others, not because you hold a position of power over them but because they trust you fully to guide them. Profoundly change the choices you make in your own life. As you learn to trust your own leadership, you cultivate the keys to empower those around you through embracing collaboration, opportunity and change, rather than fear.

4 ~ Improve Communication and Honesty

Become an active listener in your communications, truly receiving from another and being received fully yourself. Build the trust necessary to have honest and courageous conversations. These skills lead to deeper levels of understanding in all areas of your life including family, friends, professionally and in the world as a whole.

5 ~ Deepen Your Relationships and Create Connection

Develop closer, deeper and more loving bonds with the people most important to you. Create more fulfilling, effective and honest intimate relationships, by learning to build an atmosphere of mutual trust, connection and vulnerability.

6 - Develop Focus, Clarity and Intention

Learn to focus your concentrated energy towards where you want to go, and then communicate clearly what you truly want. Identify the unconscious obstacles and behaviors holding you back in your life, preventing you from being fully happy and opening to new possibilities. Accelerate your effectiveness when conveying your intentions.

7 - Create Internal Alignment

Learn to make harmonious decisions that align your head and your heart. Create emotional and physical alignment through relaxation, breath work and an ability to identify the state you are experiencing each moment. Develop the alignment of what you want and intend, with what you are communicating and how your actions either support or defeat your goals. This leads to the powerful ability to manifest the people, places and circumstances you desire in every aspect of your life.

8 - Trust your Intuition

Learn to hear your own true voice and allow its guidance to change and refocus your priorities. As you learn to hear and trust your internal guidance the right choices begin to reveal themselves more effortlessly. Experience your personal power and inner-knowing and create a clear sense of ownership for your life. Become proactive and emotionally resilient, rising above circumstances instead of being victimized by them.

9 - Develop Empathy and Compassion

Expand the essential human qualities that allow you to feel, understand, and respond to the experience of others. Deepening your empathy and compassion towards others helps you respect their life process, building trust with those around you, exposing you to new relationships and ultimately increasing your own sense of self. In addition, true understanding eliminates division and helps to build broader forms of commitment within your family, organizations and entire communities.

10 - Expand Awareness

Discover that you can maintain your focus on a specific goal or outcome, while still being aware of the whole picture. As your internal senses become more finely tuned you are able to stay clear and on purpose while noticing subtle input from the people and things around you. This allows you to stay focused on what's most important while tuning out distractions and becoming more attuned to your full range of senses. Additionally, new tools and solutions become consciously available to you when you need them.

Participant Testimonials

"My experience with Equus Elemental has been tremendous, providing instant results it has deeply effected the way I move through my life, the way I communicate with my family, friends, even my co-workers. Because of the active participation at the Equus workshops, you don't just put the information in your pocket and forget about it, instead you always have these tools and learnings in the palm of your hand. I recently began living with some of my extended family again and because of my new open communication and ability to stay calm and focused during confrontation, I am seeing positive changes in several of those relationships. From learning to relax in stressful situations to communicating my needs more clearly, and really seeing the me inside that I truly want to be. I hadn't noticed all the limiting habits I had or how closed off I was to others, until a horse reflected it back to me, instantly! I now challenge myself to stay conscious to these things. The results for me have been truly amazing and they still continue. Thank you, I feel so blessed by this experience."

- Lisa C.

"The Equus Elemental 2 day Intensive was a profound event. My wife and I were both transformed by the experience. We had and are continuing to have "Ah Ha" moments by the boat load. I can't tell you how exciting it is to feel like I have reconnected to a part of myself that I lost years ago; my true self. You all did such a beautiful job of providing a safe place for us to open up and connect to our inner light. I am grateful for your vision and the hard work you have done to make that vision manifest. You have touched our lives deeply."

- Doug T.

"My Equus Elemental workshop made a deep impression on me. It was both inspiring and practical in its information and exercises. I chose to address the need for more confidence in my life. Through interactive discussions with other participants, hands-on work with the horses, and the expert guidance by Ezra and the Equus staff, I came away with life-changing awarenesses about myself. What I experienced through this workshop is helping me in my personal and professional relationships, and has dramatically increased the level of trust and confidence I have in all areas of my life. These trainings are a rare opportunity to interact with both a truth-telling, non-judgmental being (the horse) AND a skilled personal trainer

(the Equus trainers). The combination provides a powerful mirror that reveals inner truths for examination in a supportive setting. I recommend Equus Elemental to anyone who is open to continuing their journey of self-discovery through these challenging, fun, and effective workshops.”

- Mindy L.

“If truth be known, I didn’t really want to go to the Equus Elemental 2 day intensive workshop. I truly respected Ezra and his enlightened, beautiful presence from my previous work with him. I had a sense he possessed a very special gift, from the first time we met over two years ago working with my horses. However, that “fear thing” set in and I almost backed out every day prior to the workshop. The only thing that stopped me from staying home, tucked in bed was that I had given my word. This workshop was not my first experience with self-improvement or personal enlightenment so I went, hoping there would not be a lot of trendy catch phrases or people singing Kumbaya. I didn’t even necessarily want to work with the horses because of my residual fear left over from a bad horse accident I had before. Tears don’t come easily to me but came they did, for the better part of the two days. Tears because the people and process I feared were so incredibly beautiful and the horses were honest, present and clear teachers as they had been in my past. There was no disrespect in this place, there wasn't any judgment or esoteric, new-age banter. Just clear communication of the possibilities available for living the kind of life I choose. I did not want to leave but when I did, I took with me the memories of a most incredible weekend full of friendship and insights, along with enough information to know that I want more of this thing. I am thankful for the opportunity to practice the principles of Equus Elemental. I hope everyone will be able to experience the possibility of enlightenment through the equines.”

- Darby D.

"My experience with Equus Elemental was a profound and truly life changing event. All of the teachers brought unique insights into the ways we can empower ourselves and move closer to enlightenment. Working with the horses was also very rewarding as they ultimately taught me things that I could never have learned from another human. With the help of all the trainers, I was able to discover a new sense of serenity and Love that I never knew existed. I highly recommend this unique experience to anyone looking to discover their inner-Self and attain a more loving, fulfilling life."

- Cory Z. (age 16)

“Thank you all for creating such a profoundly moving program! My 16 year old son and I came out of pure curiosity to see what can horses teach us? Neither of us had any previous horse experience, yet they allowed us to discover the Truth in ourselves! Ezra's deep understanding of the signals horses reflect from people's energy is astounding! As a completely impartial being a horse provides a unique access to each person's presence in the world. We were guided to access our own Higher Self and act in the world with a new sense of empowerment! I will recommend your two day Intensive to everybody - whether they are "horse people" or not.”

- Val Z.

“The Equus Elemental Workshop that I attended has changed my life in so many ways! Layer by layer I was peeled to the core, the core of my true being. Freeing me of the blocks and barriers I had surrounded myself with for “protection”. I realized that this protection had, for many years, been stopping my growth, my lessons on my life’s journey. Through the practices, I realized that not only was I protecting myself from growth and learning, I was trying to protect those around me from learning their own lessons. Protection for me was a way of not failing! Additionally, I came away from the workshop really understanding what intention means: my intentions create my experiences. But my thoughts and feelings around my true intentions must be in alignment with the actions I am taking in the physical world. I highly recommend that everyone attend one of these workshops. You will come away with a new perspective and understanding of who you really are. You learn “tools” you can use to keep you present in the moment so that you are on a non-stop “learning” experience as you move forward in life. Much gratitude to Ezra, Briana and Equus Elemental, for their wonderful teachings!”

- Cindi B.

“Ezra is truly everything I could want in a trainer/instructor. He is knowledgeable, dependable, approachable, skilled, and very patient. It is obvious that he genuinely cares about his students and what he is teaching.”

- Jan B.

Media Contact:

For articles, logos and images, and general questions.

Genevieve Morrill

Phone: 310-890-1246

Email: genevieve@equuselemental.com

www.equuselemental.com