



Liz Mitten Ryan

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New Documentary Reveals Powerful Gift Horses Have to Offer Humans

“One With the Herd,” produced and directed by Lisa Lightbourn-Lay, is a story of the connection and transformation that is possible when people are open to a higher-level of communication with horses.

(Vancouver, B.C. April 17, 2012) From “Black Beauty” to “Seabiscuit,” horses have captured minds and hearts worldwide, asking for little in return. Yet, horses call us in unique ways to save ourselves. They are mirrors. That’s their gift to us.

“One with the Herd,” a half-hour documentary inspired by the award-winning book of the same title by Liz Mitten Ryan, brings horses into the spotlight for the amazing creatures they are and the true gifts they have to offer beyond the “show, race or event.”

Filmed at Gateway 2 Ranch in the grasslands of the Nicola Valley, the largest ranching area of British Columbia, horses run as a wild herd on 320 acres, yet return each morning to report for work. The horses’ job is changing lives.

This evocative documentary features Liz Mitten Ryan, owner of Gateway and facilitator of Equinistry Retreats, along with women who have come there to regain what’s missing in their lives through the innate wisdom of the horse.

Viewers will follow Liz, participants and her herd on an extraordinary exploration that shows a way of working with horses outside of the traditional natural horsemanship domain. Massage tables are set up in the stable, and horses participate in the healing process. “Equinistry” is a groundbreaking and innovative approach, which bridges the gap between humans and horses.

Lisa Lightbourn-Lay has worked in television production for over 20 years. She produced her first feature length documentary, *The Maud Squad*, in 2010, a quirky fan culture story following the lives of six “kindred spirits” throughout one year. “One With the Herd” is currently circulating film festivals and will be widely released in the fall of 2012.

Gateway 2 Ranch is the home of Liz Mitten Ryan, mother of six and grandmother of



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seven, which she shares with her husband, their sixteen horses, dogs, cats and Tesoro the steer. Ryan is an award-winning author and artist, breeder and equine communicator.

Media: To request a link and password to view “One with the Herd,” contact publicity at gail@topressandbeyond.com. Interviews available upon request.

For more information about Liz Mitten Ryan and her Equinistry Retreats, visit: www.lizmittenryan.com and www.equinistry.com