

Speaker 1 ([00:00:12](#)):

You are listening to the Journey on podcast with Warwick Schiller. Warwick is a horseman trainer, international clinician and author who helps empower horse people from all over the world with the skills, knowledge, and mindsets needed to create trusting partnerships with their horses. Warwick offers a free seven day trial to his comprehensive online video library that includes hundreds of full length training videos and several home study courses@videos.warwickschiller.com.

Warwick Schiller ([00:00:45](#)):

Good day everyone. Welcome back to The Journey on podcast. I'm your host, Warwick Schiller. This week I have a special guest named Hannah Pazo. Hannah is a dance instructor as well as a yoga instructor, a life coach, and she also does something called human design, which we'll get into in the podcast, which is really quite interesting. She's also an avid horse woman, and Hannah and I have a little bit of history together. One of her horses has been a big part of my journey, and we will get into what that horse is and what part of my journey that was on this episode of the podcast. Hannah Pazo, welcome to the Journey on podcast.

Hannah Pasquinzo ([00:01:35](#)):

I am so happy to be here.

Warwick Schiller ([00:01:37](#)):

Hey, I'm so happy that you are here because you and I have a bit of a story together. So for you guys who have been regular podcast listeners, the very first episode ever did over two years ago and over 2 million downloads ago was an episode called Changes. And in that episode I talked about a Mustang that came to a clinic. I did some different things that I hadn't done before and more relationship-based things, listening type things, communicating my awareness to this horse and the change in him was absolutely profound. I'm not going to rehash the whole story here if you want to hear that, go back to episode one. But after I did the little bit I did with him in the clinic, he laid down flat out and went to sleep in the clinic and I asked, so anyway, the story about that horse, he belongs to Hannah, and Hannah was the one that brought him to the clinic, but he laid down and went to sleep and was flat out asleep in the arena.

([00:02:43](#)):

And I said to Hannah, does he do that? Does he normally do that? And she said, I've had him six years and I've seen him lay down once. And he came with a random bolting issue. And as far as I know, he hasn't bolted since, has he? Nope. Yes. So if you guys haven't heard that story, go back and listen to episode one. It'll give you the, because I don't want to rehash it here, but it'll give you the whole story about that. But Hannah, I do want to ask you about that. I've told that story a million times and you tell a story enough times, sometimes they change over time. So I hope I haven't distorted it. Before we get into the rest of the podcast, which is about you, I just want to hear your thoughts on your experience there and just your thoughts on the whole thing.

Hannah Pasquinzo ([00:03:32](#)):

Well, not too long ago I went back and watched the, I think there's a YouTube video too that shows clips from that clinic. And to look back on it now feels surreal because so much time has passed. But I still feel kind of like a horse newbie because I hang out with people who know so much more than I do. And I

definitely felt like a newbie back then. And so my friend's Kristen and Lindsay, Kristen Thornberry, who's been active in your groups for a long time, my dog is having a coughing fit. I hope that's

Warwick Schiller ([00:04:13](#)):

Okay. Okay. Perfectly fine. This is a dog friendly podcast.

Hannah Pasquinzo ([00:04:16](#)):

Awesome. So I showed up because I was excited to be hanging out with them, and they had been to one of your clinics previously. So I really feel like I was in the right place at the right time and some magic happened. But the moment that stands out most to me is he'd been, I can't remember what day it was. It might've been the last day of the clinic whenever you told me to get on him when he was laying there on the ground,

Warwick Schiller ([00:04:40](#)):

That was actually day two. So it was a three day clinic. It was the second day when, I don't remember the first day. That's how uneventful the first day was, but it was the second day when he laid down and yet finish the rest of the story. I want to talk about me telling you to do that.

Hannah Pasquinzo ([00:04:55](#)):

Well, I just remember when I watched the clip back, the part that I actually did remember correctly was going, are you serious? You want me to get on top of him right now? It was a moment for me and him that was, it's like the moment as horse people that we're all after that moment of connection and trust and the deep feeling. And I'm so grateful for that. And then the other moment that stands out for me is I think it was the moment for you when you were kind of walking up and he was blocking you. And everything that I had always learned is that you don't back away from your courses that'll teach 'em this or that, but you stand your ground until they do X, Y, or Z. And so to watch you walk up and interpret the situation completely differently and respect what he was telling you and walk away, for me, I felt this weight fall off my shoulders. I think because so much of what I had learned previously to do with horses, I think I was kind of doing what I was told and doing what I thought was like the right thing. And when you did that for me, it felt like, oh my God, so you mean we can just be in real relationship with these beautiful four-legged creatures and it can all be okay and I don't have to do what? I won't say any names, but I don't have to do what they said was huge for me. Yeah,

Warwick Schiller ([00:06:30](#)):

Yeah. It sounds to me like you were already seeking that and wishing it could be that way, but you were told it's not that way. Whereas, so you, I'd say you would have been down the rabbit hole longer than I have because I was only just discovering it then. But I want to talk about when he, so I did some stuff with him and I didn't do anything with him. I actually just listened to what he had to say. And like I said, go back and listen to episode one if you want to hear the whole story. But after I'd done with him working with him, and I handed him back to you and you said, what do you want me to do? And I said, I'll just hang out with him for a bit. And about 10 or 20 minutes later, boom, he buckles at the knees and down he goes.

([00:07:09](#)):

And he had a bit of a, he was sleeping on his belly, snoring on dus clowns. Then he had a roll, then he got up, then he laid down and did it again. And at some point in time during that, so he's sleeping on his

belly with his front legs tucked up underneath him. And I had asked you to go over and sit on him, and that's the moment you were talking about there a minute ago. And over the years I've had people question me, why would you have her do that? Because he's just found some peace there. I wouldn't do it these days. But the reason I had you do that, and I think I read the situation right, was I'm not sure how experienced a horse person you were, but it looked to me like his random bolting had rattled your cage a bit to where you weren't totally trusting of him.

[\(00:08:05\)](#):

And that was more about you having you have that bit of a moment, I'm having a bit of a moment thinking about it now, but having you have that bit of a moment right there because the human psyche, as you would know, is quite a delicate little flower and just the act of you being able to go and sit on him while he's laying on the ground and you looked at me, are you serious? I'm like, yeah, go ahead and sit on him. And you sat on him. I think you might've hugged him around the neck or something or other, but that was more for you than for him. And these days I probably wouldn't do it if a horse hadn't laid down for six years and they let down and live in the hell alone and I'd kind of stand guard around them. But the opportunity to do that, to present a situation to someone that, I dunno if it's life changing, but it's, it's confidence changing.

[\(00:09:15\)](#):

You take a huge step in one thing. So you took an ice bath at the podcast summit and it's a bit like that. Coaching people through an ice bath and seeing 'em go from sheer terror to peace in a short amount of time is a pretty amazing thing to witness. And anyway, so anyway, so yeah, I probably wouldn't do it these days, but at the time, that was the first one that had done that first horse that had done that at a clinic. But at the time I took it as a chance to have you step outside your comfort zone or outside something that you may have thought was possible and have you do it and go, Hey, I survived that. What were your thoughts on that little bit?

Hannah Pasquinzo [\(00:10:07\)](#):

I had another one of those moments that I had when you listened to Cody for the first time, but I felt really unsure and then I decided, well, this guy knows what he's talking about, so here we go. And I do remember leaning over him and hugging him and it did. It was one of those moments where the rest of the world kind of disappeared and it was like, oh my God, this is what I've been wanting with this horse for so long. And I think it's easy in hindsight to say maybe that was right, maybe it wasn't. I might do things differently now, but in some way I think it was the right choice for Cody too because our relationship moving forward from there only improved because of my trust in him. I worked with Kristen for a long time after that, who's super familiar with your work, and it just took us to a place I don't think that we would've gotten as quickly, near as quickly if we hadn't have had that experience together.

Warwick Schiller [\(00:11:08\)](#):

Yeah, that's what I was trying to say is I can get a horse's trust, relatively easy. Humans trust, they don't have all that thinking reasoning, blah, blah, blah, blah, blah crap in there. And it's so much easier to get a horse's trust than a human's trust. They don't think about things. I had someone on the podcast recently who does something that's called emotional horsemanship, and he was talking about, I was reading, actually, I was reading some stuff on him online and one of the things he was saying about he's really big on animals having emotions, we're always told not to anthropomorphize and all that, but the thing he said was, animals and humans have the same emotions. Animals don't have the same thoughts about the emotions they feel as humans do. So they don't have about all that stuff going in their head about

quantifying and analyzing and all that sort of stuff. So I feel it's much easier to get a horse's trust than a human's trust. And it's not like I was trying to get your trust of me. It was your trust in him. And so that's why I had you do that. And I think that's what you're saying right there, that changed you somehow to where going home and continuing on with the work, it was much easier because of that.

Hannah Pasquinzo ([00:12:31](#)):

And I think it was easier for both of us because you did have me climb on top of him, but you didn't have me climb on top of him and hoist him up and run around the arena. And it was a restful, peaceful moment, I think, for both of us.

Warwick Schiller ([00:12:46](#)):

Yeah, I don't think it was a negative experience for him in the slightest bit, but like I said, these days, I still probably would do it differently. I probably if I was lay down like, okay, I'm going to not yell over him, but yeah, just stand around, Hey, I've proven to you that I am aware enough to provide awareness for you till I didn't have a nap, so I'm going to continue to provide that awareness. But anyway, I didn't know, you dunno what you dunno. And at the time I didn't know that. Okay, enough about that. Let's get onto, you are into, well actually what were you doing then? Now you teach yoga, you do something called human design, which we're going to get into a deep dive on that. What else do you do now?

Hannah Pasquinzo ([00:13:41](#)):

Well, I own a dance studio, so that's what I've been doing and it's what puts food on my family's table and being able to work my own schedule sometimes has been a huge benefit for somebody. I'm me now that I know my human design, it makes even more sense, but I just have so many interests. So even back then, I've always had a little side gig happening as either a coach or now a yoga teacher or did some speaking at the local library one time. I mean, I'm always up to something. And so I can't remember that exact point in time what else I was doing, but I've always had a little side interest work in the world happening.

Warwick Schiller ([00:14:34](#)):

So you had a dance studio back then? Yeah. What I was wondering was you were into some pretty, some esoteric stuff now, some pretty cool stuff, and I was just wondering if that experience there actually changed your trajectory as in is any of the things you're doing now that you weren't doing then maybe weren't doing then partially related to that? It is one of those things when you look at the world differently, the world is different and different opportunities arise. And

Hannah Pasquinzo ([00:15:13](#)):

I'm thinking about that. What it actually makes me think of is what happened previous to that, because Cody was the first horse that I ever bought. So I was as a kid, some of my first memories involve horses because my dad had a horse and I have an old, it's a photo of a photo I think of me as a four year old prancing through the local downtown parade for the 4th of July on a little pony. And then my parents went split skis and horses weren't a part of my life again ever until my mom met her life partner who threw me on one of his horses. He was like a traditional Marlboro man. He was something. So he threw me on one of his horses, I think when I was 29. And I remember trotting through his little paddock that he had us in like, oh my God, this is it.

([00:16:09](#)):

I'm in. And I had this F it, I'm not too old for this. I'm going to learn how to ride a damn horse. So I did enroll in lessons and then I bought Cody, and then I'll keep the story short, but I ended up selling Cody to the woman who owned the place where I boarded him because he was smarter than me. I mean, I knew nothing and he's a Mustang and it was a lot and I felt like incapable and I couldn't do it. And so I sell him. And then I did go to an equine coach training and I had a beautiful experience there and all I could think about was him. I came home and bought him back. And

Warwick Schiller ([00:16:54](#)):

Then clinic, was it an equine assisted learning thing? Yes. Yeah, yeah. Okay, perfect. Then you came to my clinic.

Hannah Pasquinzo ([00:17:02](#)):

Yeah. So I bought Cody back and went, I'm going to figure this out. I met Lindsay and Kristen and they were like, you got to come to this clinic, and there we were.

Warwick Schiller ([00:17:10](#)):

So that, and then you went to an equine assisted learning thing, and then you bring Cody to the clinic and he does one of the biggest more for me in that moment, equine assisted learnings I've had personally, it was very serendipitous. I was ready to try something new and I needed a horse to try it on that was going to rock my world. Yeah, that's awesome. That's very cool. Okay, so let's talk about what you do now. You teach yoga, you do the human design thing, and we're going to skip over that because we're going to come back and do a deep dive in that. And you're also, are you like a life coach or something too?

Hannah Pasquinzo ([00:17:59](#)):

Yeah, I've been a coach since, I mean for years. I think the two thousands, I feel like I'm always in a class or a course of some sort. So learning is something that I love. So I've been coaching on and off for a really long time and I never felt like putting the coach hat on full-time and branching off into yoga has expanded. I think the knowledge base I had so much, and then human design even a step further. So I love that I have a way now to bring together so many different things that I'm passionate about and that have changed my life. I think so many of us get there where it's like these things have changed my life and I would love to be able to have some positive impact on other people in the same way. So that's where I'm at right now.

Warwick Schiller ([00:18:56](#)):

I think all of those things, like you said, the things had a huge impact on you and you want to share that with other people. And I've had a number of people on the podcast, well not just on the podcast, I've talked to a number of people who are in the therapy space, like their psychiatrists, psychologists, those sorts of things. And a lot of them have actually had some therapy early on and it must have been such a huge, profound impact on their life. They're like, I want to help others with this. It's not like they go into it because they want to.

([00:19:42](#)):

I know what I'm talking about and I want to tell these people what to do. It's like I experienced how life-changing some of that stuff can be. It seems like you did too. Before we go any further, because you mentioned, we mentioned yoga and everybody's got a fair idea what yoga is, and we mentioned life

coaching. People have got some sort of an idea what that is, and we also mentioned human design, and I think we need to go in that rabbit hole now so that as we're talking about it later on, people know what it's talking about. So human design came up on my radar here a little while ago, Robin said, so you participated in the ice bath during the podcast summit? Well, there were two ladies there from the UK that flew all the way from the UK to America to come to the podcast summit.

[\(00:20:29\)](#):

And one of them, her brother does human design. And so that lady hooked Robin up with him to do a session of it. And I forget how long ago it was now I've been traveling around and being busy, but Robin said while you were gone, I had this human design session and she said, it's like a cross between an Enneagram and Denise, the astrologer they had in the podcast. And she said, you've got to do it. So one of these days I've got to do it. So you are into it these days. Tell us what is human, what is exactly a human design?

Hannah Pasquinzo [\(00:21:06\)](#):

I want to preface this bit of the conversation by saying that I feel like human design is yoga in that you could study it for years and never really reach the depths of what it has to offer. And so

[\(00:21:22\)](#):

I want to say that I'm not a human design expert, but I have studied it for a few years now and it has been life-changing for me. But human design is called the science of differentiation, and it's sort of about looking at each of us as individuals. It deals with how our individual energy operates and how we're best designed to make decisions, how we can more easily move through the world with less resistance. One thing that it's done for me, it's given me some validation and permission slips for the type of, I'm a manifester type in human design. So

[\(00:22:13\)](#):

Yeah, manifesters are a more rare type, and so living in the world as a manifester has felt a little bit, it can feel isolating sometimes. I'm not like that, and so there must be something wrong with me. And human design has helped me in a big way go, wait a minute, this is literally how I can be in the world. It's how I'm meant to operate. And so it's been, again, a weight dropped off my shoulders like, whoa, okay, I can just show up like this. I really want to show up and that's cool. And actually if I do, that will be potentially having a more positive impact than I would have if I were shrinking into this mold of what I think I should be.

Warwick Schiller [\(00:22:54\)](#):

Does it take into account traumas? Because in my journey of unraveling me, you go through your life thinking you are this person believing all this stuff about you. Some of it's bullshit, most of it's bullshit, but thinking you are this person. And then as you start to peel away the layers, it's like, oh, that's not me. That's either conditioning from society or that's parental stuff, or that's thing that is the things that happen to me. And when you peel that away, it's like I actually shop and the world a bit differently now. So does the human design, is it looking at who you are underneath all your shit? Yeah. Okay.

Hannah Pasquinzo [\(00:23:42\)](#):

I think so. And there's a big emphasis on you. Do you take all of this information and experiment with it? And if it works for you, great, and if not, you get to live out your design however you choose to. And I like that about it. It's not dogmatic in any way. And when you put your birth information into, there are several softwares sort of like astrology, you can put in your birth information and it pops up this weird

chart and it's called a body graph and a common experience for people when they're exposed to human design as that chart pops up and they go, that looks really freaking complicated. So actually I don't want to know anything about that. And then sometimes through a series of events, it'll pop back into their awareness via a friend or a podcast or whatever, and they eventually decide to take a deep dive. So I actually do think it's helpful to have someone who knows the system introduce you to it, because like I said, it can be a big rabbit hole. And knowing the basics in the beginning is really what's most important. And

[\(00:24:51\)](#):

On the body graph, there are all these little shapes. They're like triangles and squares and stuff, and they're called centers. And some centers are colored in and they're defined, and some centers are not colored in and they're undefined or open. And a lot of human design teachers talk about the open or undefined centers, sort of like the moon. They're taking in energy from the people in the world around you and reflecting it back out. And then defined centers are sort of more like the sun where they're shining out with consistent energy into the world around you. And so as far as conditioning goes, those undefined and open centers are where we're more likely to be taking on shit from the outside world. And so looking at what conditioning in those centers looks like and then looking at something that looks more like mastery in those centers looks like is where people can start making the jump from, oh, this is maybe why I might feel like, or I care a whole bunch about what other people think about me. I'm trying to think of a common issue that people have start.

Warwick Schiller [\(00:25:55\)](#):

Well, that is a common one.

Hannah Pasquinzo [\(00:25:57\)](#):

I mean, I think that might just be a human thing, but you can start looking at that and going, huh, I could try this or this to maybe put on a different way of being in the world for a minute and see how it feels and see what the effect is. Is it the direction you want to go?

Warwick Schiller [\(00:26:14\)](#):

Right. Robin said, I think I mentioned a minute ago, Robin said, it's like a cross between an Enneagram and an astrology. Now you said you put your details in, is that the same as astrology? Time of birth place? Birth date of birth, yep. Okay. And would you say the other part is a bit like an Enneagram?

Hannah Pasquinzo [\(00:26:37\)](#):

So my yoga teachers are also teachers of the wisdom Enneagram. And so I feel like the Enneagram became really popular in the last few years and you can get all the little Instagram memes and stuff, and my teachers talk about it in a way that is so much deeper than that. And I haven't really been a student of it, so I can't say that yes, it's like the Enneagram. The way that I usually describe it is to me it feels like a really eerily accurate personality test combined with astrology. So I mean, I'm assuming that's kind of what Robin's describing as the Enneagram. It's telling me something about myself like a personality test would.

Warwick Schiller [\(00:27:24\)](#):

Right. It's like an advanced Myers-Briggs test or any of those.

Hannah Pasquinzo ([00:27:29](#)):

Yeah. Yeah.

Warwick Schiller ([00:27:32](#)):

So I just looked up with an Enneagram. I don't know that much about Enneagrams either, but I've had people contact me say, Hey, you should look at your Enneagram. It says here, the Enneagram of personality, or simply the Enneagram is the model of the human psyche, which is principally understood and taught as a typology of nine interconnected personality types. So you said with the human design, you are a manifesta type, and it's quite rare in human design, how many different types of people are there?

Hannah Pasquinzo ([00:28:04](#)):

So when the system was first channeled there,

Warwick Schiller ([00:28:07](#)):

Oh, let's not skip over that. When the system was first channeled, so did someone, it was there a single person who this was downloaded to from higher wisdom. Okay, now don't skip over the good bits, Hannah. That's interesting. That makes it even now I'm really excited. So who was it and when was it?

Hannah Pasquinzo ([00:28:30](#)):

Okay, his name was, this is not his birth name, but his name was Raw Uru, which is interesting in and of itself.

Warwick Schiller ([00:28:38](#)):

Is it a bit like Ram Durst where he was born with a regular name and then he got a guru? Yeah. Okay.

Hannah Pasquinzo ([00:28:43](#)):

And then don't quote me on this, I think it was late 1987. I know it was in the eighties. Oh,

Warwick Schiller ([00:28:50](#)):

Really?

Hannah Pasquinzo ([00:28:51](#)):

So it is really, really recent. And part of me, when I first heard that, I was like, yeah, that sounds like bullshit. And then I thought, what about all of these other ancient texts and things? I mean, they came from somewhere and a lot of people give more ancient texts that are channeled a lot of weight. And so I had to kind of sit with it and go, just because it's recent doesn't mean that it's not really valuable. So yeah, that's the origin of human design.

Warwick Schiller ([00:29:26](#)):

Okay. I'm just going to read out the Wikipedia thing. I should have looked it up beforehand. It says human design. Oh no. It says, okay, so Wikipedia, the first line says, human design is a new age inspired pseudoscientific practice. I kind of take exception to the word new age because everything I've seen in what's called new age spirituality or whatever, is indigenous wisdom from, I don't know where the term

new age comes from, because as far as I can tell, it's all old Earth wisdom. I said Indigenous wisdom, but where did they get it from the earth? It's like the, it's like in South America there's a million plants in the Amazon and you take two of them, one's a leaf and one's a stick, and you beat that, stick to a pulp, then you boil it with the leaf and it makes ayahuasca. And they asked the shaman, so how did you figure out which plants do you use? And they said, the plants told us. Anyway, I'm getting off on a tangent here, but I love it.

[\(00:30:49\)](#):

I think people that use the term new age grew up Catholic or something, you know what I mean? I grew up Catholic and anything that wasn't Catholic. Yeah. Okay. So next sentence says it's, is it effective? It has not been confirmed by peer reviewed research. Yeah. Well, has anybody ever peer reviewed the Bible or any, you know what I mean? I'm not just going with Christianity here. Human design combines astrology, the ing Kabbalah and Vedic philosophy sitting around the division of personalities into five energy types alleged to indicate how someone's supposed to exchange any energy with the world. Manifesters generators, manifesting generators, projectors, and reflectors. It was originated by Robert, sorry, Alan, Robert Krakow, who published a book called The Human Design System under the pseudonym Rah, who in 1992, he developed the human design system following a mystical experience in 1987, human design purports to be a self-knowledge method that does have any specific religious dogma or affiliation.

[\(00:31:57\)](#):

Very interesting. Anyway, that's interesting. There we go. Yeah, I always take stuff like that with a grain of salt, but it's kind of like, okay, think about what happened with Cody at the clinic. If I had have heard someone tell me about that five years before I'd have been calling that new age bullshit. You know what I mean? So until you're ready to see it. So yeah. Now we can probably get into the Hannah story. Now we kind of know a little bit about what human design is. So you have a dance studio, and how long have you been doing the dance studio?

Hannah Pasquinzo [\(00:32:34\)](#):

I am about to start year 20 I think.

Warwick Schiller [\(00:32:37\)](#):

Okay, so let's go back. Got you. Into dance.

Hannah Pasquinzo [\(00:32:43\)](#):

The way that I remember it is I remember dancing around the house until I annoyed my mother and she put me in lessons. It's like, stop spinning around in the kitchen, quit it.

Warwick Schiller [\(00:32:57\)](#):

You think you, not you personally, but a person is either a dancer or not meaning, and I don't mean someone who's drawn to do it like that from the beginning. Some people grew up nowhere near horses and always wanted a horse. Were just attracted to horses even though they didn't grow up around them. And I imagine you didn't grow up in a dancing family, but you felt compelled to dance.

Hannah Pasquinzo [\(00:33:25\)](#):

I did feel compelled to dance. I haven't been asked that question before, and I do think there's something to it, the things that make us feel alive. Obviously dance was one of those things. For me, horses is one of those things. For me, inspiring conversations is one of those things for me, and that's not true for everybody. So maybe so

Warwick Schiller ([00:33:47](#)):

Yeah, I know most of my life I'm like, oh, I'm not a dancer. I'm not a dancer. But I've come to realize that people who don't dance are all very self-conscious and usually quite shut down and usually concerned about what people think about them and not really in their own bodies. Because I've found as my stuckness becomes unstuck, I have rhythm. I didn't use to have rhythm. Robin has rhythm. She was an aerobics instructor for quite a while, and over the years I'd be trying to do something to rhythm and she'd go, you're not getting it. And here in the last couple of years I'll be just, I dunno, music might be playing or whatever, and she'll look at me, she'll go, you had it for a couple of beats there and then here last year or so, she'll go, you got into rhythm and you held it there and yeah, your buddy just starts to want to move and you allow it to. Yeah, I think people who are dancers are, I dunno, quite free

Hannah Pasquinzo ([00:35:03](#)):

Maybe. So I think still in the dance world, we are after specific skills a lot of the time and there are ways that things unquote should look. And so I have some dancers too who love dance

([00:35:21](#)):

And still sometimes have a hard time letting it move through them in the way that you kind of just described in a more free way. It's something I've probably struggled with in various ways throughout my life. Even sometimes in my twenties, partying down on the local bar strip, sometimes I even had a hard time dancing in front of people because what I wanted to do was a lot different than the little step touch step touch clap every once in a while because I'm a dancer. But doing that in that space doesn't make a lot of sense. It's an interesting the way that all of us relate with our bodies to the world. But I get what you're saying about letting something sort of move through you. Yeah, I think it's letting go sometimes of those ideas of what it should look like and allowing something to move through you. Yeah,

Warwick Schiller ([00:36:16](#)):

It feels like when I get the urge, it does move through you. It's not something you think about doing, it's something you allow to happen. I know I was at a horse expo in New Zealand a few years ago. I used to presented a horse expo there every year, and it's a really cool horse expo because most of the ones here in America or all the ones here in America, there's no organized get together afterwards for the presenters. The people that organized the clinic don't hang with you, whatever. And at this horse expo in New Zealand, they always used to have, they'd have two night shows and at the end of the arena they have a v I P section where VIPs get people that sponsor things and things like that. But also us presenters are getting there and you get to hang out and then sometimes you hang out afterwards.

([00:37:07](#)):

And there were two girls from Australia there, they're called the Crackup sisters. So if any of you Australians are listening, you've probably heard of the Crackup sisters and they have this, they do a lot of different skits and acts and stuff, and you probably wouldn't get it, but they, they're trying to a caricature of a real outback character and they talk like this. Yeah, how you going love sort of thing. They both talk like that. Well, they're both really intelligent and one of them, I think at least one of them is a

trained, oh no, no, sorry, sorry. One of them used to do the, what do you call it, the sashes that hang from the roof. What do they call that?

Hannah Pasquinzo ([00:37:54](#)):

Oh, like aerial?

Warwick Schiller ([00:37:55](#)):

Yes. That stuff. Something or others. They had a friend with them. That's right. They had a friend with them and she's a dance choreographer for big time production, big time productions. And we all got on the Sunday night when it was done, we all were hanging out, went out to dinner, and then we'd go back to a hotel room and there was a whole bunch of us in this hotel room having a few drinks and carrying on, playing some music and oh no, I was standing there having a beer talking to this dance choreographer girl, and she was kind of bopping around. She goes, don't you dance? And I'm like, no. Thinking back now, she could tell exactly what's going on. She said, not at all. I go, no. She goes, can't you do the world's tiniest little dance? Can you wiggle your big toes up and down?

([00:38:40](#)):

Let me see it. Looking back now, it's like she could tell my stuckness. Yeah, she was lovely. But yeah, she was like big time did things in the Sydney Opera house and stuff like that. Yeah, when I say don't dance, it's just three words, but it meant a whole lot to her. She could tell what was going on in there. This was a number of years ago before I started getting a bit unstuck. Yeah, but it comes through you. Yeah, yeah, it does. It's pretty cool. It's pretty cool. And what sort of dance do you teach?

Hannah Pasquinzo ([00:39:18](#)):

Well, at the studio we do ballet, tap, jazz, hip hop, mainly for kids. So age two up to they graduate high school. And I always feel most comfortable teaching jazz or there's a style called lyrical or contemporary that's more emotionally expressive, well, not more emotionally expressive, emotionally expressive in a different way, kind of tells a story. Or jazz is often sort of like it's got the SAS and the flirtation, and I think you kind of have an idea of what I might be talking about. Those are my favorites and that's what I enjoy doing the most growing up too.

Warwick Schiller ([00:40:09](#)):

So for a kid that sticks with dance, because you said from young until they graduated high school sort of thing, a kid that sticks with dance, does it end up becoming a discipline to where it's not about the dance anymore? It's kind of like the horses you get to a certain point, it's not really about the horses anymore. There's things about you you learn and work through in order to do it. Do you find that with the dance?

Hannah Pasquinzo ([00:40:39](#)):

Yeah, I think there's a lot to work through in any discipline. But for dance, I'm so grateful that I was a dancer growing up, that I had that experience because it did give me this deeper relationship with my body. And still to this day, I know how to walk into a room with good posture and with some poise. And there's something about getting up on stage too, that is great practice for life, for job interviews and for experiences like this even or golly, meeting new people, there's just a lot that it can give to people. And then there's just the beauty of moving your body through space and the experience of doing that with a group. Everybody at the same time doing this thing feels amazing. And I think it's something, even if you

don't go into dance as a career, there's a woman at my dance studio who's rented a space for years, two times a week, and it's an adult ballet class. And the adults, I mean, in their forties, fifties, sixties, I would guess the teacher's in her sixties. But she walks around, I mean, she's a ballerina, you know what I mean? Really, they all file in and they're still doing their ballet class. So I think, yeah, I don't know. I think if you feel inspired to do it, it's one of those things that you can carry with you through life, even if you don't do it in any way for a career.

Warwick Schiller ([00:42:14](#)):

Yeah. Wasn't talking about the kids that are going to do it as a career, but when they stick with it long enough, it is no longer about dance. People might get into martial arts initially because they want to have some self-defense skills, but at some point in time it goes beyond self-defense and it's not really about that anymore. People get into riding horses because you want to ride the horse and have fun. And if you stay in it long enough, sometimes you can stay at the same place for the rest of your life, but sometimes it becomes so much more than that. It's interesting. You were talking about the ballet class. I had a client many years ago, it was a lady that came to me and she said, I want to do the reigning. I'm like, okay, this is when I was training reining horses and she had a horse at home and she was coming for lessons once a week, and she had been a former ballerina.

([00:43:15](#)):

Do you remember Breck shampoo? Yeah. Okay, so people that might not have heard of Breck shampoo, Breck, if you think about L'Oreal now or any of those big names where they have a famous person is their spokesperson for a year or whatever. They used to be Breck girls. And I remember one of the Breck girls was Kate Jackson from Charlie's Angels the year after Kate Jackson was a Breck girl. This lady was the Breck girl. And so I think in the ball, I don't dunno how good a ballerina she was, but she's a professional ballerina and she was a Breck girl because of her standing in the ballet sphere, which means she must've been the top of the pile sort of thing. Anyway, so she'd been coming for a couple of months, once a week for a couple of months, and she's got a green horse and she's kind of a green rider, not a green rider, but certainly doesn't know the steps to train a horse to do anything.

([00:44:14](#)):

And after a couple of months, she came for lesson one day, she goes, you know what? I don't think I want to do this. I'm like, okay, well that's fine. What do you want to do? She goes, I want to do the reigning. And I said, have you only know of one ballet? That's Swan Lake. So I said, have you ever, I said, how old were you when you started ballet? She goes, I was five. And I said, have you ever done Swan Lake? She goes, oh, many times. And I said, so you did Swan Lake, you're on year five? And she goes, oh no, it takes many years of bending and stretching at the bar before you can do Swan Lake. And I said, well, the stuff you're doing right now is the bending and stretching of the bar and reigning is Swan Lake. And she looked at me, she went,

([00:45:01](#)):

Oh, I get it now. I get it now. You don't just do Swan Lake, do you use a bending and stretching at the bar? And it's always cool to help people that have achieved something like that in their lifetime because if I can relate it to what they've already done, then they get it. Like, oh, I get that. There's a lot of work that looks nothing like the end result to do and I'm happy with it. But she hadn't put those two things together yet. And I think that's, like I said about dance, when it becomes like a discipline. If you learn a discipline, if you learn to dance, you learn to train horses, you learn to do martial arts, you learn to do everything because that's how it works. You learn to play football, you learn to be a gymnast. It doesn't

matter what it is, the work doesn't look like the end result. And there are steps, many, many steps. You don't just start at the end.

Hannah Pasquinzo ([00:45:59](#)):

So many steps. Yeah,

Warwick Schiller ([00:46:01](#)):

So many steps.

Hannah Pasquinzo ([00:46:02](#)):

Yeah, that's the perfect way of saying it. Yeah.

Warwick Schiller ([00:46:05](#)):

Yeah. So it's interesting. I was talking about, I had a guest on the podcast who was into the emotions of horses. So he's a former professional ballet dancer, was a ballet dancer, was a ballet dancer in Europe.

Hannah Pasquinzo ([00:46:21](#)):

That's amazing. See, I

Warwick Schiller ([00:46:23](#)):

Never danced

Hannah Pasquinzo ([00:46:23](#)):

At that level. Yeah. I never danced at that level. I just had a passion for it. So

Warwick Schiller ([00:46:28](#)):

When you were young as a teacher, when you were young and dancing, did you do jazz? Is that what you did?

Hannah Pasquinzo ([00:46:34](#)):

Yeah. Well, I mean, I trained in ballet too, but jazz was my favorite.

Warwick Schiller ([00:46:37](#)):

Yep. So tell me, what was it that got you into the yoga? Because yoga been more of a, the dance has always been there. Yoga's been more of a recent addition, even though it might be quite a while now. How'd you get into that?

Hannah Pasquinzo ([00:46:53](#)):

Well, I started practicing after I got pregnant. So I got pregnant when I was 24, 25. And I think that moment for me was when I really started thinking about how my actions were affecting this other little thing that was growing in my belly. And I started going to the local fitness club, but the teacher there for any yogis listening, she had done some training with Judith Lasseter and B k s Iyengar. I'm so lucky that I ran into her first because I feel like I got

(00:47:39):

Schooled. Well, I learned from a good teacher, but that took me into meditation. And I practiced on and off for a while after that. And just in the back of my head, I'd always wanted to train as a teacher, one to take my own learning deeper. And then two, I guess because I've been a teacher, I've been teaching movement of some sort since I was 15. So I didn't do it until, I didn't sign up for a training until 2020. So I trained at this beautiful, amazing farm here in Arkansas, actually over the Buffalo River. It's called Circle Yoga Shala. And Matt and Holly and Stella are incredible. So the pandemic for me was bookended by my yoga training. I was like, I'm so grateful that I did that during, at that time it was another right place, right time moment. And so I did 500 hours of training out there and I feel like I could talk forever about it. But yeah, it was life-changing to take all of those teachings deeper.

Warwick Schiller (00:48:50):

So tell me a bit more about the training. If it was life-changing, what was life-changing about it?

Hannah Pasquinzo (00:48:56):

Going into the training? Since I had a lot of experience teaching movement already for people who do, Robin may have had some experience like this for people who haven't had to describe movement with words to a group of people, you need to say it in a way so that they can actually do what you say and try and feel it in their bodies like that. I had some experience, a lot of experience with actually, and so that part came easily to me, and so I got to focus a lot on what I was learning in the philosophy portions of the training. We talked so much about being in a human body and presence, and I might say mindfulness and what it means to be fully human and fully divine, and how that all comes together and how the mind plays into it. And I feel like I'd scratched the surface of some of those teaching, actually. I'll just say I still feel like I've just scratched the surface of those teachings. But going into the training, I would've said I'd scratched the surface and now I know I really have just scratched the surface.

Warwick Schiller (00:50:10):

And 10 years from now, you haven't even scratched the surface. Yes,

Hannah Pasquinzo (00:50:13):

A hundred percent. So yeah, learning and focusing on all of that at a time where the world felt like it was going crazy, I still had crazy moments for sure, because for my fellow small business owners who might be listening local brick and mortar businesses, the pandemic was rough man. And to have some focus on something bigger than that during that time was incredibly, incredibly helpful. Yeah.

Warwick Schiller (00:50:46):

You mentioned when you started with yoga, you also got into meditation. What sort of meditation were you doing

Hannah Pasquinzo (00:50:54):

In the beginning? I was just listening to guided meditations. I went through a Deepak Chopra phase where I listened to all of his meditations and then I've run through the gamut. In yoga training, we experimented with a lot of different, I would say meditations, but ultimately now all I focus on is returning my attention, whether I'm focused on the breath or I'm doing a guided meditation or I'm focused on some other senses, the practice for me is just always training my attention. So I feel like I've

finally gotten to the point where I don't feel like I have to do meditation. I can just, the whole point is to sit and notice when my brain has gone off on a tangent and just come back, just come back, just come back. It's like that's the practice. And so I still play with different types of meditation, I guess people would say, but that is at the core of it.

Warwick Schiller ([00:51:58](#)):

I haven't done any Deepak meditations. Are they cool?

Hannah Pasquinzo ([00:52:02](#)):

I remember them being cool for a while. He and Oprah were teaming up and releasing little 30 day programs, and I would sign up for some of those. They were free, and they'd come in your email every day. And yeah, I remember 'em being great. It would be interesting to go back and listen now, but I'm usually kind of game for anything.

Warwick Schiller ([00:52:21](#)):

Have you ever done any of Dr. Joe Dispenza's meditations?

Hannah Pasquinzo ([00:52:26](#)):

Okay. I have talked to people who have gone down a rabbit hole of his, and I think I've only done one of his once or twice, and it was a big, there was a, whichever one I did had a big focus on holding the breath. And my nervous system did not like it at the time, so I was like, you know what? I tried it. I'll come back to it some other time.

Warwick Schiller ([00:52:45](#)):

Yeah, I think that one is when you get further in there, I think that, so

Hannah Pasquinzo ([00:52:50](#)):

I jumped too far forward.

Warwick Schiller ([00:52:52](#)):

Yeah, I think that is a bit like mu in Kundalini yoga. You ever done Kundalini yoga?

Hannah Pasquinzo ([00:53:01](#)):

I've gone to a couple classes. Yeah,

Warwick Schiller ([00:53:03](#)):

The bit in there where you tighten up everything from your sphincter, your sex organs, and then you kind of push everything, tighten everything going upwards. Yeah. I think with Dr. Joe's, that's later on. But the reason I asked about his is because his meditations something that really helped me get into my body because he doesn't just have you focus on your, actually, I don't think he even focus on your breathing, but he is very good at getting you to, let's say you start with your root chakra. He wants you to be aware of the space inside you. So you get in that space and basically a lot of it is meditations like this. So let's say you're in your root chakra and he wants you to be aware of the space inside you, so

your attention is really there. Then what he wants you to do is be aware of the space surrounding that space in the room, in the universe.

(00:54:15):

And then he wants you to see if he can use that, if you can use that space inside you to sense the energy of the space around you. I'm tingling while just talking about it because, and then he gets up when you're in your heart shock, when he gets you aware of the space and you're not thinking about your heart, but you're aware of this space in here, and then he has, you become aware of the space out here, and then he wants you to use this to feel the space out there and you get to where you can, you just tingle all over because you are aware of the energy in, you feel energy. And he does it with all the sharks. He goes all the way up to your new throat in your head, and yeah, no, I kind of like him and I think Robin and I this year, one of our things we want to do is go to a five day Dr.

(00:55:11):

Joe thing. Oh, that'd be cool. I've spoken to people who have been to clinics, and I mentioned Dr. Joe, and they'll come up to me later and people have spontaneous healings of like, oh, I think one lady's mother had glaucoma or something or other. I went to this five day thing and it, it's amazing the human body's ability to heal itself. And when you talk to somebody who's actually witnessed it or had it happened to them, and then I think if you were to go on Wikipedia and look up Dr. Joe, they'd say it's pseudoscience and new age hippie bullshit. But you talk to the person who healed their glaucoma and that's real. Yeah. But anyway, I was wondering if you'd listen to any of his, because quite a fan of Dr. Joe's meditations.

Hannah Pasquinzo (00:56:05):

Maybe that'll be my next rabbit hole.

Warwick Schiller (00:56:08):

Yeah, I'll text you afterwards and tell you you can listen to 'em on Spotify or whatever. Oh, cool. Thank you. I'll tell you now, actually, the first one to start with is what he calls the blessing of the energy centers. He doesn't 'em chakras, he calls 'em energy centers, but it's called the blessing of the energy centers. But it's about bringing first your attention to those, like I said, to those places. Then being aware of the space around those places, then using those places to feel the energy in the space around those places. And then there's also, there's an emotional component where you basically send good energy to that. But for me, the biggest part was being able to have sensation in your body because of them. Now, if I sit in a chair, you do 'em sitting up. If I sit in a chair and close my eyes and start to think I'm going to start to do some sort of meditation, my legs start to tingle. It's like the hair on the back ear next to it up and it's waist down. It's not so much, I suppose as time's gone on, it starts to get more in my torso, but my torso has been historically pretty unresponsive. But the legs, as I was saying that right then, I said, if I sit in the chair and close my eyes, and as I did that, my legs started tingling as I said it. Yeah, it's pretty cool stuff.

Hannah Pasquinzo (00:57:34):

That is cool.

Warwick Schiller (00:57:35):

And so tell me about the life coaching that intrigues me too.

Hannah Pasquinzo ([00:57:40](#)):

Well, that changed my life too. That's why I signed up for that training.

Warwick Schiller ([00:57:46](#)):

Did you have a life coach? Did you work with a life coach? Okay, tell me all about that.

Hannah Pasquinzo ([00:57:52](#)):

I was at a point in life where I was feeling kind of directionless and antsy and yeah, I wasn't liking the way I was feeling. And I had gone to therapy a couple of times, and in hindsight, I think at the time I was like, I don't like therapy. But in hindsight, I think I just didn't find the right therapist for me. So I wasn't willing to go there at that point in time. And I was walking through the local natural health food store, and I saw this little flyer pinned to the bulletin board, old fashioned style, and it said, energy work or something. And I thought, that sounds interesting. I think maybe I'll grab that flyer. And so I called her, her name's Dr. Eve Ag, and I went in and had my first session with her, and I feel like it's like life coaching on steroids.

([00:58:48](#)):

We don't just sit in shitty chat. There's a breath work and there's visualization. And I left that session feeling lighter than I had in years, and I think I worked with her as a client for, I mean, probably a couple years. And then my husband did, and then my mom did, and then my brother went, and then it's like, I told everybody in my life, you got to go check out this lady, my friend. And so she eventually developed a coach training and as a long-term client of, I was like, I'm in. Sign me up. And so I went through her first cohort of trainees. And even again, even though I'd been a client of hers for a long time, even going through the training and getting a deeper learning in that way was, yeah, that was life-changing too. And it's learning the skills, because coaching is an unregulated industry. Anybody can call themselves a coach. And I

Warwick Schiller ([00:59:45](#)):

Think same with horse training.

Hannah Pasquinzo ([00:59:48](#)):

A hundred percent. Yeah. It's kind of weird, isn't it? It's like, how do you know you're getting a good one if you don't know anything about what you're walking into?

Warwick Schiller ([00:59:55](#)):

Well, but how do you quantify the unquantifiable? It's true. Because there are, say with horse training, a lot of, I've seen people with all sorts of horse training qualifications. They've taken this course and that course. And some of them, I wouldn't let 'em lead my dog. You know what I mean? Yes. Yeah. It's something that's hard to actually quantify.

Hannah Pasquinzo ([01:00:25](#)):

I agree. I do think that there are a set of skills as far as coaching goes that do set up an environment for transformation. And I guess it's the execution of those skills, but learning them I think is anything else I've learned, whether it's

([01:00:50](#)):

Coaching or yoga or human design or all the things, they've helped me be present for my clients, but they're also, they've helped me be a better mom and be a better wife and be a better boss at work. And so it was one of experiences for me too, and it's something that I don't, when somebody trusts me, whether it's in a human design reading or a coaching session or whatever, it's like when somebody trusts me to hold the space for them in that way, it's something that I do take really seriously. I hold it as sacred and I'm so grateful for it. Yeah, I love that experience too.

Warwick Schiller ([01:01:34](#)):

As far as people you help with the life coaching, do you have a typical client? Are they small business owners? Are they in the C-suite? Are they the kings of small countries? I dunno, what are they?

Hannah Pasquinzo ([01:01:52](#)):

Okay, that would be interesting.

Warwick Schiller ([01:01:56](#)):

Can you imagine?

Hannah Pasquinzo ([01:01:57](#)):

No, I actually cannot imagine. I'm like if I had to listen to somebody talk about the issues they're having with the building of their private plane or something of my

Warwick Schiller ([01:02:05](#)):

Mind would be

Hannah Pasquinzo ([01:02:05](#)):

Blown. I think, yeah, my favorite people to work with. I think I love working with other small business owners because we share a common experience and I can actually dip into mentorship too. There's a difference really between coaching and mentorship, and I do love a mentorship role as well.

Warwick Schiller ([01:02:23](#)):

Can you quantify that difference? Because that'd be interesting to hear.

Hannah Pasquinzo ([01:02:28](#)):

For me, coaching is

([01:02:34](#)):

You are asking good questions and you're always guiding your client to their own answers. So when I'm in session with a client as a coach, I'm never going to tell them what I think they should do or what I think her husband meant when he said, there's not a place for that in coaching really. But in mentorship, if I were mentoring someone else who owned a small business, that's where I can bring my expertise to the table and tell them like, oh, well in the past I've done this and it worked for me, or maybe you could try this, this and this. It's more like bringing your expertise to the table and I love to do both.

([01:03:15](#)):

And I think as far as my favorite people to work with other small business owners for sure. And then I really coming back to human design as a manifester. I don't know what your experience of Robin is, but the manifesters are like the fire starters. They're like the initiators. And so I love to work with people who have that feeling inside. I want to do this thing, but I am not sure that I can, or I'm afraid of what everyone will think or all the things that hold us back, but the people who want to do something who are ready to show up and let's gather some courage here to make it happen, start taking the steps to bring the dream alive. I like people who are at that point because I love to see people take off. I love it.

Warwick Schiller ([01:04:04](#)):

Yes. It's always fun to see that. And I was just thinking about looking at your website, there's also a horse aspect of what you do too. Is that like an econ assisted learning thing?

Hannah Pasquinzo ([01:04:16](#)):

Yeah. The thing that I've had the most fun doing lately is so Kristen and I teamed up, she's the horse expert, and I would argue that she's also could teach humans about mindfulness too, but my expertise is more in that direction of working with the humans. And so we teamed up and did what we called some mindful horsemanship workshops last year, and that was so fun. That was so fun. We would usually have a session in the morning for just the humans and then we'd bring the horses in and used those tools that we learned as they're working with their ponies. That was super fun. Then I also just love to do a mindfulness. I got to do one last weekend, a mindful, I just called it mindfulness with horses. The HeartMath Institute has done research on what happens when horses and humans come together. So it's based on those concepts. And yeah, I love when a group of people get together and get to focus on themselves for a little while, and it's often we think we need to make some big changes or something, and every once in a while we might need to burn the house down, but oftentimes it's like, or you could just take a morning and take a few deep breaths and be in community with people and walk away feeling a whole lot better. And so I like the simplicity of that.

Warwick Schiller ([01:05:46](#)):

The horse stuff, is that part, is it part of any of the other things or is it a separate thing as well? So you've got the yoga, you've got the life coaching and mentoring, and you've got the human design stuff. Is the horse thing separate from that? Or sometimes people come and there's a little bit of all of it in it. What exactly, how do you work all that?

Hannah Pasquinzo ([01:06:09](#)):

We incorporated yoga into our mindful horsemanship workshops that we did last year, so that was fun. Like an actual yoga movement class ana class. And then I am still back to scratching the surface. I'm scratching the surface. I think of where this is going to go because I have my own big dreams about gathering a group of people to work with the horses and to know their human design and be able to work together for a longer period of time. It would be like mind blowing, I think would be an amazing experience. So we'll see where it all heads.

Warwick Schiller ([01:06:47](#)):

That's interesting. So what do you think knowing your human design would bring to the whole cauldron of stuff, say, working with a horse, do you think knowing your human design would be helpful with that

Hannah Pasquinzo ([01:07:06](#)):

1000%?

Warwick Schiller ([01:07:07](#)):

Wow.

Hannah Pasquinzo ([01:07:08](#)):

I think it could change the way, golly, this is a point in time where I wish that I was more of a horsey expert, but I'm thinking of an example. Every human design type has a strategy, and the strategy is what you can use to move through the world with less resistance. And for generators, for example, their strategy is to respond. So they get to respond to things in their environment before they decide how to move forward. And for instance, manifesters, their strategy is to initiate. They're not supposed to wait to respond. They're supposed to act on the desires that they feel within them in the, I want to say in the moment, that's specific to my design. But so if you can imagine working with a horse and thinking, okay, my strategy here is to respond versus my strategy is to initiate. You might in those two instances make different decisions. I think it could be cool. And then there's a whole world that I have not taken any sort of dive into, but animals have their own human design. So something I've been super curious about, maybe someone in your audience will know something about this, maybe I'll keep my fingers crossed, but horses, there could be a projector horse or a generator horse or a dog or a,

Warwick Schiller ([01:08:28](#)):

I'm sure we'll get an email that I'll send on to you from somebody that says, oh yeah, we already do that. I hope. So you were just talking about people working with horses and my, I forget the way you put it, but they think my response would be, it sounds to me like a bit like what I'm always trying to get help most people with clinics and stuff is to not just react in the moment, but pause and like, okay, this is happening. How am I going to respond to that? Rather than just reacting to that, being more self-aware than the horse did this, I'm going to do something like the horse did this. What am I going to do? And especially how am I going to do it? I think that's probably the thing that people struggle with most is not being reactive. And when you're dealing with a thousand pound animal, the first thing you're going to tend to do is be reactive, because whatever I die, and for the most part, you're not going to die if shit's going down. Yeah, you've got to do something right then, but for the most part, you have time. There is nothing to do yet.

Hannah Pasquinzo ([01:09:55](#)):

Yeah.

Warwick Schiller ([01:09:57](#)):

What are you feeling? Yeah, that all sounds pretty amazing to help people with that. Yeah. I can't wait to hear if anybody's got some ideas about horse personality types that are more along the human design thing. We should probably get to some of your questions that you've chosen. A lot of times you've listened to enough podcasts, probably that you find that by the time we get to the questions, they've already answered the questions, but let's go to it anyway. So the questions you've chose, if you could spread a message across the world, one that people would listen to, what would it be? Or your favorite quote or both?

Hannah Pasquinzo ([01:10:44](#)):

Well, I was thinking about a message, and we have kind of touched on it already, of course, but I think it's kind of two part. I think that there are a lot of people like me who've spent a lot of time scared to really move in the direction that they feel deep in their heart, they want to move in. And I think remembering that there's not a lot of use in putting others on pedestals. It's like it's easy to look at people on a different place in their journey and think, well, oh, they've got it all together, or that must've been easy for them, or whatever stories we're telling ourselves. But to remember that everybody has this piece of them that is immensely beautiful and divine and yeah, amazing. And then at the same time, we have this part of our, everyone is completely freaking annoying sometimes, or we all make mistakes.

[\(01:11:50\)](#):

It's like you're driving Robin crazy and she's driving you crazy. And all of us have both parts in us. And to remember that I think makes it a lot easier to get to. The second part of the message that I want people to know is that, yes, you can move in the direction of your dreams can, it might not look exactly like you think it's going to, and it might be a smaller step than you thought you might take in that direction, but you always have a choice and you always can. I think that is something that, yeah, I wish that I had heard more when I

Warwick Schiller [\(01:12:27\)](#):

Was younger. What you're saying is part of that was there's a lot of bending and stretching at the bar before you do Swan Lake. Yeah. Start bending and stretching at the bar. Exactly.

Hannah Pasquinzo [\(01:12:36\)](#):

Yeah. Start

Warwick Schiller [\(01:12:37\)](#):

Now. Think about Swan Lake. Think about the steps towards Swan Lake. Yeah.

Hannah Pasquinzo [\(01:12:41\)](#):

Yes. Yeah, yeah.

Warwick Schiller [\(01:12:43\)](#):

Very cool. So what is the most worthwhile thing that you have put your time into?

Hannah Pasquinzo [\(01:12:50\)](#):

My family for sure. Horses for sure. My yoga practice, all of that. But what really came to mind for me whenever I read that question was my friendships. I have been blessed with friends who I would call sisters. They know who they are, but I feel like listing every one of their names, and I wouldn't be where I am now without their love and support. It's like to have a group of people surrounding you who might cry. They want your success as much as you do, if not more. I'm so grateful for the time I've invested in my friendships.

Warwick Schiller [\(01:13:37\)](#):

I think I've mentioned it before on the podcast, but I went to a men's emotional resilience retreat a few years ago, and one of the things that it all came down to after the whole weekend was every single one

of us felt like we'd never had anybody have our backs. And so having people like that that you feel like really have your best interest almost above the interest in themselves is a pretty special thing.

Hannah Pasquinzo ([01:14:12](#)):

Yeah, one of my best friends is also a coach. I would call her a master coach. And to have a master coach as a friend is like, I'm so lucky. But one of her teachers always said to her, you cannot become yourself by yourself. It's like, I can sit here and tell you about mindfulness tools and yoga and yada yada, but I still have my own blind spots. We all do. And so to be in intentional relationship with other people who can hold a mirror up for you, and you don't have to be sitting on your therapist's couch or whatever, it's like, I can call her up on a Thursday morning when shit's going down and to have support. That is a beautiful thing.

Warwick Schiller ([01:14:57](#)):

Perfect. Next question for you. What accomplishment are you most proud of?

Hannah Pasquinzo ([01:15:02](#)):

I want to say my family. Again, I'm so proud of what I've built with my husband, and I'm so proud of my two kids. And then I feel like that's a really obvious answer. And the other thing though that I'm most proud of, I think is my business, talking about my sister friends. They are always asking me, why are you not forgetting that you've built this amazing business that is thriving in your local community? It's like you don't give yourself enough credit for that. And yeah, I've worked hard for that, and it does put food on my family's table, and I'm really proud that I've put that time and effort in.

Warwick Schiller ([01:15:48](#)):

Very cool. So the next question, we have to quantify this because these questions came from, or most of these questions came from Tim Ferriss's Tribe of Mentors book. And the question is, what is the worst advice given in your profession? But then in the end of the question, it says, as most of you have strange professions, because when you're talking to quite successful people, a lot of times they're not the grocery packer at the local grocery store. Nothing wrong with that, but a lot of times it's not quantifiable. And you, you're a life coach and mentor, yoga instructor, you do the human design stuff, and then you do the equine assisted learning stuff. What would you say your profession is? Or anyway, you've got to quantify your profession before you can tell us what's the worst advice given in your profession? Or maybe you want to tell me the worst advice given in all of your professions, you have five or six of them.

Hannah Pasquinzo ([01:16:47](#)):

Well, I feel like the first thing I thought of that annoys me sometimes I would put all of the things that I do, even running the dance studio under sort of personal development, maybe something like that. And I think it can be a weird world to live in, to be equally inspired by, and also a little annoyed by the things about it that drive you nuts. But one of the things is the advice that I see floating around on Instagram memes sometimes is if it's not a full body yes, then it's a hell no. Kind of advice. I'm like, that just doesn't work for me. I'm like, it discounts those of us who spend a lot of time having to make difficult decisions that affect a lot of people. And sometimes it doesn't feel like a clear yes or a no. And it's so many of us are moving through fear in our own way. And yeah, I'm like, I don't want people to hear that and think if I'm not feeling a full body, yes, then there must be something wrong here. I shouldn't move in that direction, or whatever it is. I'm like, y'all stop saying that because it's not true for everyone.

Warwick Schiller ([01:18:04](#)):

Yeah. Listener disclaimer, don't believe every Instagram meme that you read.

Hannah Pasquinzo ([01:18:13](#)):

I think your community is hip to that, but yeah.

Warwick Schiller ([01:18:18](#)):

Yeah, there's a lot of them out there. Okay. So what quality do you admire in a person?

Hannah Pasquinzo ([01:18:25](#)):

I had a really hard time putting a word to the quality that I most admire in a person, but

Warwick Schiller ([01:18:32](#)):

Well, hang on. You chose the question, remember?

Hannah Pasquinzo ([01:18:35](#)):

I know

Warwick Schiller ([01:18:36](#)):

I wanted, don't put, say it's a hard question. You had 15 others you could have chosen from.

Hannah Pasquinzo ([01:18:43](#)):

Well, I loved the question, but the quality is, yeah, maybe one of your people can put an amazing word to it, but it's something like radiance. I think it's the type of person that walks through the room and you're like, okay, they are allowing, we were talking about dancing, allowing something to move through you. It's like they're allowing the amount of life force that they are holding in their body right now that makes them somehow shiny without actually shining. It has to do maybe with confidence that holding that vibration within yourself strongly enough that you can be just ultimately aware of what's happening within you, but then really in tune with what's happening in your environment. That sort of vibe. That's what I'm after. I want some of that in my life, but I really admire that in other people.

Warwick Schiller ([01:19:37](#)):

It's funny, I did a podcast where I spent the whole podcast answering all 22 questions or whatever it is I send out. And my answer to that was pretty much the same as yours, and I had changed. Now, I said that I had a different quality. I used to admiring people, but the quality, I admiring people now, and the word I used for it was open. They don't have any walls up. They're not hiding any shit. They've through their shit and there is no more shit. And I think what you are talking about is an absence of shit. You know what I mean? I think we all have that vibration, that energy, that light that shines out of us. But a lot of times we've got all these filters put on over the top of it. And it's not like you have to work on your light. You have to work on removing your lampshades sort of thing. And yeah, my reply to that thing was someone who's, who is really open to where the true essence, you're talking to, the true essence of them when they walk in the room, the true essence of them without all that stuff on top of us because, and I don't think that's, that light or that energy or whatever it is, is a quality that only some people have. I think everybody has it,

[\(01:21:16\)](#):

And a lot of times it's hidden by the poles of shit that we carry around. And so for me, the quality I admire in a person is that openness is, it's almost someone who's worked through all their shit, all of the shit, so the light can shine out. Is that kind of what you're getting at there?

Hannah Pasquinzo [\(01:21:36\)](#):

Yeah. I think that makes sense. It makes me think of when I first started yoga training, they were like, the whole point of this is not to do a perfect downward dog. The whole point of this is can you remember who you really are when your status is challenged or when you're at the top of the mountain or when you lose a loved one, can you, can you remember who you really are? And I think that speaks to what we're talking about is that quality. Yeah.

Warwick Schiller [\(01:22:07\)](#):

Yeah. And wasn't trying to say right then that you should agree with me. And that's what you were trying to explain. I was trying to explain. That's what I was saying was what you said sounds a lot like what I said, and then I quantified what I thought it was was just people who have unloaded all their shit and there's a light shines out of them.

Hannah Pasquinzo [\(01:22:29\)](#):

Well, I think to be that kind of person who can remember themselves and all kinds of different situations, I think that's what it takes, that openness. Yeah. I think I'm going to keep pondering that. I love that. Yeah.

Warwick Schiller [\(01:22:43\)](#):

Yeah. I love it when I meet people like that.

Hannah Pasquinzo [\(01:22:45\)](#):

Oh my God. It's like you walk away feeling word kind of filled up, inspired yourself. Yeah.

Warwick Schiller [\(01:22:53\)](#):

And you were at the podcast summit, and it was almost like that environment almost helped people bevo more that way. It was a very, and I know the term gets bandied around and it sounds a bit whatever, but it was kind of like a safe space to where you could just be who you were. You could feel like you could drop some of, I think you could drop some of your shit and allow the light to shine through a bit more, just because everybody was kind of doing it. It was like, no one here cares.

Hannah Pasquinzo [\(01:23:28\)](#):

Yeah.

[\(01:23:30\)](#):

I think that was one of the most beautiful things about it. That was my experience of it, for sure.

Warwick Schiller [\(01:23:36\)](#):

Yeah, it was very, very cool. And you got to do a little session there too, didn't you? Now I missed yours because I was outside organizing stuff. Was it a breathwork session or a little yoga session? What was it

Hannah Pasquinzo ([01:23:56](#)):

We did? I should go back and watch it on the live stream, but I took people through an exercise where we shook, we shook everything, and then stopped and found stillness. Oh, actually, you know

Warwick Schiller ([01:24:11](#)):

What? No, I was there. Sensation in the body. Yes. Yes. And by the end of it, you just buzzing. Yes. I love that. I was there for that one. I forgot I was there for that one. Yeah, it was very, very cool. Thank you for doing that. That was cool. Thank you for letting me. And now that you're on the podcast, I'm excited because you get to come and come to the summit this year, which is going to be back in the same place. The Drury Hotel in San Antonio, Robin had been looking for, I've already got

Hannah Pasquinzo ([01:24:42](#)):

My room booked.

Warwick Schiller ([01:24:43](#)):

Robin had been looking for different venues and they kind of didn't work out. So we're going back to the Dru, which I'm excited about because if I was to go there right now and walk in there, some of that feeling would come back without the other people being there. So yeah, I'm excited about going back to that venue and experiencing that there. It's going to be pretty cool. Last question for you. Do you have a favorite horse?

Hannah Pasquinzo ([01:25:21](#)):

My favorite horse is Dakota, a k a. Cody. I feel like he is my heart horse. I don't want to cry again, but he has taught me so much. And I feel like Kristen and I and Lindsay, we've all talked about this, how it's like he wasn't here just to teach us. He was here obviously, to teach so many people through your work. And yeah, I'm just grateful for him. I get to look out when I'm eating breakfast and see him in the front yard. He's

Warwick Schiller ([01:25:56](#)):

My favorite. I was hoping you were going to mention say he was your favorite horse. I've only spent a couple of days with him, and that was that six years ago,

Hannah Pasquinzo ([01:26:08](#)):

I think. So

Warwick Schiller ([01:26:10](#)):

2016 I think. And what he showed me there, I've carried with me and he was the one that really gave me the slap up the side of the head. There's a lot more to this than you think. And he's the one that kind of got me, well, Sherlock actually the one that got me experimenting because I was experimenting with Cody at the time, but I think Cody was the one that, it's funny. When I first met Robin, I chased Robin for a year and I didn't, didn't think I was going to catch her. And her mom said to me, keep going, keep going. You're on the right track. Keep going. And it's kind of like Cody said the same thing to me about what I was trying with him, the listening to what he had to say versus telling him what he should be doing sort of thing. He couldn't have been more, and he wasn't being dramatic, but the outcome of that couldn't have been more dramatic. What he did that day went down and slept for an hour and a half or

whatever, but the next day when we brought him in, he went down and slept for four hours, was like, I couldn't go home and go, nothing happened. I came home and couldn't ignore it.

(01:27:56):

No, no. I came home from there. Something happened. I have no idea what happened, but something major happened. He was really the catalyst for me to really think, okay, I want to go down that rabbit hole and see where I can go with that. And that's basically the whole thing behind all the work I do with horses these days is basically that the seed that he planted then. So I'm very grateful to him and for you for bringing him along.

Hannah Pasquino (01:28:33):

Well, like I said, it was kind of right place, right time for me, but I'm grateful he was there too.

Warwick Schiller (01:28:40):

Yeah. So how can people learn more about you, Hannah? Where can they find you?

Hannah Pasquino (01:28:47):

I have a website. My name is weird. My last name Hannah Pazo. You spell it just like you say it.com.

Warwick Schiller (01:28:56):

Yeah, we'll put it in the show notes.

Hannah Pasquino (01:28:59):

Yeah, and like I said, I think just scratching the surface of what that will turn into. And so I would say that's the place. Getting on the email list is probably the best way to follow the journey.

Warwick Schiller (01:29:11):

What about social media? You got TikTok, Instagram, Twitter.

Hannah Pasquino (01:29:18):

Oh my gosh.

Warwick Schiller (01:29:19):

Facebook, Instagram, those things.

Hannah Pasquino (01:29:21):

Yeah. Instagram is at Hannah Pazo and on Facebook. Think I'm just going to put my business Facebook page back up. Yes, please do. Which is also facebook.com/hannah. Yeah.

Warwick Schiller (01:29:35):

Okay. There you go. Well, thank you so much for joining me today. It's been an absolute pleasure having you, and I'm so looking forward to what you bring to the podcast summit in November, November, November,

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Hannah Pasquinzo ([01:29:47](#)):

My gosh. November. Yeah. Thank you so much. I appreciate it. This was a lovely conversation.

Warwick Schiller ([01:29:52](#)):

Yeah, thanks so much for joining me. If you guys at home, thanks for joining us and we'll catch you in the next episode of The Journey on podcast.

Speaker 1 ([01:30:00](#)):

Thanks for being a part of the journey on podcast with Warwick Schiller. Warwick has over 850 full length training videos on his online video library@videos.warwickschiller.com. Be sure to follow Warwick on YouTube, Facebook, and Instagram to see his latest training advice and insights.