

HOLISTIC EQUINE WORKSHOPS

**SUPPORTING YOUR WELLBEING
RELAX, RECHARGE & RECONNECT**

Our horse-led equine workshops are the perfect place to nurture your mind, body and spirit.

Join our experienced therapists and gentle herd who will help you:

- Challenge your perspective
- Feel grounded in nature
- Master being present
- Build trust in yourself & others
- Invest in your wellbeing
- Make authentic connections

(CPD certificate 5 hrs)

Explore the incredible healing power of horses in the peaceful Berkshire countryside

Dates available:

15th July, 5th Aug & 6th Aug
11.00 a.m. to 4.00 p.m.

Light refreshment provided
Bring a packed lunch
Dress for the outdoors
with covered footwear

(Ground based - No riding involved)

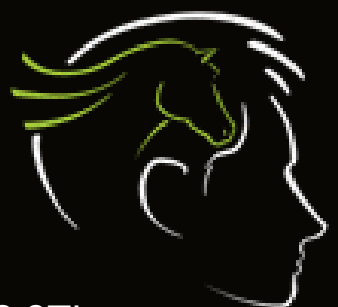
**Maximum of 10
people per workshop**

**£170
per person**



**TO BOOK YOUR
PLACE CONTACT**

HorseSense
for Life



Tel: 07411 011508

Email: deniselyttle@horsesenseforlife.org.uk

Location: Philip Elliott's Scots Farm, Checkendon, Reading, RG8 0TL

www.horsesensforlife.org.uk