

Healing with Horses

Autumn Self-Care Retreat for Trauma Survivors



It's time to take care of you...

Horses have the innate ability to be genuinely themselves, without shame, and have much to teach us about being fully present, authentic and alive. Whether you would like to supplement your existing therapy or are new to reaching out for support, this weekend workshop will focus on:

- Restoring connection to yourself and others
- Building resiliency through somatic self-regulation skills
- Grounding and resourcing yourself safely in the now
- Listening to the felt sense wisdom of your body
- Befriending your brain, nervous system and emotions
- Understanding natural self-protective responses

- Exploring attachment dynamics, assertiveness and boundaries
- Increasing attunement to subtle energy and non-verbal communication
- Developing mindful awareness and gentle self-compassion
- Honouring your needs and how you've adapted to survive
- Shifting from hypervigilance, constriction and fear, to greater capacity for curiosity, flexibility, self-mastery, ease and playful joy
- Rebuilding trust, self-confidence and self-worth

Come experience the healing power of the herd

Grounded in the neuroscience of trauma, addictions, attachment and emotion regulation, this workshop integrates Somatic Experiencing therapy for trauma resolution, mindfulness, equine-facilitated therapy and life skills coaching.

Co-Facilitators: Sarah Schlote, MA, RP, SEP (EquuSpirit: Healing with Horses),
Tori Poe, MSW, RSW (2 Lead Change) and Kathryn Giffen, MA, JD (OZ Farm)

No prior horse experience necessary

All interactions are on the ground and foster choice, voice and empowerment

SCHEDULE

October 14-15, 2017

9am to 4pm

Rain or shine
Lunch included each day

Host: OZ Farm

8853 Wellington Rd. 16
Kenilworth, ON N0G 2E0

\$475 + HST early bird rate
(until September 14)
\$575 + HST regular rate

To Secure Your Spot:

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1-855-REFUGE
Cash, cheque, eTransfer
or credit card

For more information:

www.equuspirit.com and www.2leadchange.com