

EXPERIENTIAL LEARNING WITH HORSES



GROUND-BASED HORSEMANSHIP SKILLS | NO HORSE EXPERIENCE NECESSARY

- > Tools for Emotional Self Management
- > Body-based Techniques to Handle Triggers
- > Community Lunch

TIME & LOCATION

Cohort I: 9/10, 9/24, 10/8, 10/22 | **Cohort II:** 11/5, 11/19, 12/3, 12/17

Sessions are 10am - 3pm in Sharon, CT

TO SIGN UP

Kelly@TheEquusEffect.org or text (203) 613-1107

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