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### Mid-Summer Reflections

Summer seems to be flying by. We are enjoying the regular rain this year which is keeping the grass greener a bit longer—the horses love it! I enjoy watching them graze peacefully together in complete harmony and bliss. Oh to be like a horse and to feel ease and harmony in the moment without worrying about the past or what might or might not happen in the future. Whenever you choose to engage with the horses here, they invite you to be fully present right now, to be honest with what you are feeling and to be open and curious about what is possible. Every day this herd offers me their wisdom and I am grateful for each of them. In group and individual sessions this summer they have helped people name a block they hadn't been able to name before, find a true statement to lead them in the direction they wish to go, uncover an old belief keeping them small and the list goes on. Curious about how the horses can assist you on your path? Sign up for an individual session or one of programs. You can experience this healing too!

### Upcoming Programs

**Meditation Circle with Horses**—We have 2 sessions left this year—August 18 & Sept 15 6:00-7:30pm. Come and spend time in quiet meditation surrounded by the horses in a spectacular natural setting as the sun sets. Horses invite us to slow down, be present and allow our intuition and the divine to guide us. Those who have attended have left feeling lighter, centered and more peaceful. Join us—register today!

**Self Care for the Professional Caregiver**—Joint Program with Eremos Consulting for those who care for others. If you are tired, burned out or simply need a day for you—this promises to offer rejuvenation and fun. We have 2 sessions here in Lyons on Aug 10 or Sept 28 or a session at Happy Dog Ranch in Littleton on Sept 13. Sign up now to reserve your spot—limited space available!

**Heart Speak: An Equine Grief Journey of Healing**—Joint Program with Halcyon Hospice & Palliative Care Grief Services—September 14. If you are grieving the loss of someone in your life, join us for a day of healing activities with non-judgmental, accepting horses who will hold your heart and emotions and allow you to be you.

Horse invites you to step into the mystery of what may be possible on your path. To be seen and held energetically by a horse allows you to experience genuine connection, heart-felt support, and a deeper level of personal awareness and emotional intelligence, leading you to your authentic self. Call today to schedule your individual session or register for one of the group programs. Let the horses guide you towards healing and vitality!



### Individual Sessions Always Available!

**Personal Retreat**— We can create a personalized day based on your unique needs and longings with various activities with the horses designed to help you re-new, explore and thrive!

**Individual Coaching Session**— Explore a particular issue or question in your life with a Horse as guide. Sessions tailored to your needs and questions. Discover, transform and thrive!

***Package Discounts Available!***