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### Upcoming Program

**Heart Speak: An Equine Grief Journey of Healing**—Joint Program with Halcyon Hospice & Palliative Care Grief Services—**Saturday, October 26.** 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.

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**Honored to be a Presenter—**  
**Horse as Guide: Coming Home**  
**to your True Self Retreat**  
**January 26-29, 2020**

You won't want to miss this – horses, yoga, meditation, relaxation, education, and everything you want to know about Equine Facilitated Learning in one place! Join me at the Academy for Coaching with Horses Retreat in Arizona. My session is titled **"The Sacred Heart Space of Possibility with Horse."**

Check it out and register today!

**Individual Sessions Always Available!**

***Ask about package discounts for multiple sessions!***

### The Healing Wisdom of Horse

In September I had the pleasure of co-sponsoring and co-facilitating two retreats for people who are caregivers. Some are caregivers by profession and some by necessity of caring for loved ones who live with some kind of illness. Regardless, everyone came for the same thing—to enjoy a day away to refresh and renew.

This retreat did just that for everyone who attended and interacted with wise, beautiful horses either at Happy Dog Ranch in Littleton or here at the Dancing Spirit Ranch in Lyons. There was laughter, tears, much longed for peace and quiet in nature and the wisdom of horses to help on the journey.

I so love watching people transform throughout the day and with each interaction with the horses going deeper to trust themselves and their own inner wisdom. I was privileged to coach each participant with an expert horse at their side as they uncovered old beliefs or patterns keeping them from going forward or from finding peace that they longed for. One woman discovered that she was taught to hide her true self and ideas or people would shame her. Her expert equine teacher helped her claim her uniqueness and outside the box ideas and celebrate their success. Another woman laughed and laughed as each time she spoke about a barrier to doing her own self-care practice, the horse pushed a wooden post away from where it started (about 5 ft) until she was able to name a specific self-care practice she would commit to. He was not going to allow her to leave without a commitment.



I could go on and on with stories from the beautiful sessions where people allowed themselves to be vulnerable, to allow a horse to lead, guide and teach them, and find

a renewed spirit and sense of self. This is the power of the work with Horse. Give yourself the gift of working with one of these amazing beings—either in a workshop or with an individual session. Whatever you are seeking, allow the healing wisdom of Horse to guide you on the journey—they are here when you are ready.