



HORSES HEALING HEARTS

# Authentic You Women's Workshop

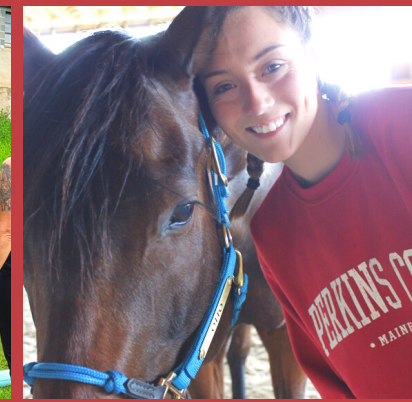
Our Authentic You workshop is designed for women who are ready to make a positive change in their lives, meet like-minded women and learn how horses can help you find the authentic YOU that has been hiding deep inside. In this 2 day workshop specifically for women, you will learn how to work with horses (No riding involved!) to gain a better understanding of yourself.



The perfect workshop for those looking to get back on their path or find balance in their life.

## Happiness and Well-Being

This workshop is not meant to be a quick fix, but rather a process through which you learn about yourself. The horses are living creatures whose honesty cannot be disputed. They are able to see through the chaos and help guide you to who you really are. The connection with them will help you find those authentic parts of yourself that have been hidden away and guide you to live in tune with who you want to be and who you truly are.



At the end of the day, we all want to feel confident in who we are, our uniqueness is what makes us special!