



## **Horsepower and Inner Peace: Horses as Mentors**

### **An Equine Assisted Growth and Learning Workshop**

Plow through the noise and come to stillness. Connect with nature and your own body. Restore energy and playfulness. Slow down, play with horses on the ground and learn about yourself and your relationships, at a beautiful central Maine horse farm. No riding experience necessary.

*This workshop qualifies as an introductory level Epona experience.*

**Place:** Upper Pond Stable 147 Upper Pond Rd. Litchfield, Maine

**Date:** Begins Friday August 6 at 3:00 pm and ends Sunday August 8 at 6:pm . Includes supper on Friday and lunch on Saturday and Sunday

#### **Facilitators:**

Nancy Coyne - Psychiatrist and Epona approved instructor

Barbara Doughty - Founder and former director of Flying Changes Center for Therapeutic Riding

Louise Poppema - LCPC and equine facilitated psychotherapist

**Cost:** \$350. Pay Pal accepted

For registration/ more information please call 207/829-3356

**[www.workofheart.net](http://www.workofheart.net)**

**“Work of Heart: Horse as Mentor”**