

LISTEN TO THE HORSE (AND TO YOURSELF)

AN INNER QUEST FOR TEENS (12 till 16)

TO BOND AND HEAL EMOTIONALLY THROUGH POWERFUL CONNECTIONS WITH HORSES



Do you feel overwhelmed by your emotions?
Feeling disconnected? Do you wish to communicate more effectively,
set appropriate boundaries, and be seen & heard by others in your life?

Learn about
non-verbal
communication with
science-based tools to
connect with these
sentient beings.

Experience
mutual respect
in a safe and
nurturing
environment in
nature.

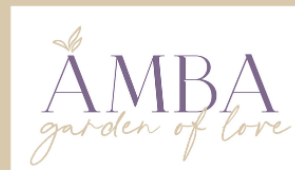
Be in control of
the power your
body has as a
tuner and
receiver of
emotions

Discover the true
meaning behind
emotions, and
acknowledge your
feelings

Regulate your
nervous system to
feel more like
yourself, confident
and joyful

Facilitated by Belen Cristino
Certified Eponaquest Instructor
in Equine Facilitated Learning
and the Power of the Herd.
Energy Medicine Practitioner.

Learn more at
[www.ambagardenoflove.com/
equinefacilitation](http://www.ambagardenoflove.com/equinefacilitation)



WORKSHOP

JUNE 10th

10:00 am till 4:00 pm

FEE \$380

Space is limited. Lunch, snacks and materials
included. Topanga Mindful Mustang Ranch.
For registration contact Belen 305 790 47 89
belen@ambagardenoflove.com. No horse
experience is necessary. No riding activities.