

From the Ground Up

Exploring relationships through the way of the horse



How do good relationships begin?

What does it take to establish a healthy connection and keep it that way over time? This special workshop looks at the basic building blocks of healthy relationships and with horses as our co-facilitators, we will practice and experience what it means to build healthy relationships.

Please wear closed toe shoes or boots, no horse experience required, there are no mounted activities.

Giant Steps Therapeutic Equestrian Center

7600 Lakeville Hwy Petaluma, CA

Cost is \$150 per person, lunch included

We'll focus on essential skills such as:

- * Accessing personal authenticity
- * Processing emotions in healthy ways
- * Communicating effectively
- * Developing emotional agility
- * Experiencing true connection

Workshop facilitated by Eponaquest Certified Instructor and Clinical Psychologist Dr. Terri Lee Roberson and Equine Specialist Holly Hansen.

October 29th, 2017 9-4pm

Please contact Dr. Roberson for more info
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