

# Are you ready for your Horse Journey?

## Equine Facilitated Personal Development (EFPD) for adults



Horses don't judge. They are emotional beings who care about what is in your heart. If you're struggling with something in your life, family, career, relationship or trying to make decisions horses will support you on your journey. Are you ready to learn from them, let them guide you, help you find solutions or healing? Then start your personal Horse Journey today!

Karin Bauer is pleased to offer this exciting, individualized program designed for personal growth and support. This program is offered as a hands-on, practical learning experience with horses in a beautiful, relaxed outdoor location. This is a life changing yet practical counselling/life coaching program geared towards your goals. You will be amazed how much horses can teach you!

An EFPD session is 1 ½ hour in length. Previous horse experience is not necessary. In these sessions you will meet your horse teachers, learn to understand and read them, let them guide you and connect with you. There may be activities such as Horsemanship and Groundwork (leading and handling a horse) and exploring how these skills relate to your day to day life (leadership, boundaries, communication, confidence & self-esteem building, coping skills, management, and more!). There is usually no actual riding with this program.

Working with horses on the ground will allow you to make a close connection in a non-intimidating way. There is a cabin on site which we utilize for counselling / life coaching sessions.

### **GOALS AND MISSION OF THE PROGRAM:**

Achieve personal development goals such as problem solving, conflict resolution, communication, relaxation, leadership skills, emotional well-being or healing, confidence and self-esteem building, loss and grief work, goals and boundary setting, eliminating tolerations, finding life purpose, and more!

### **SESSION AVAILABILITY:**

Program length is on a monthly basis, consisting of four 1 ½ -hour sessions per month (To meet your needs, program sessions can vary.)

### **AVAILABLE DAYS:**

Winter hours, Monday – Friday, 10 am – 3:30 pm

Spring to Fall, Monday – Thursday, 9 am – 7 pm

Daylight and seasonal climate will dictate time availability. Please inquire or check website for details [www.HorseJourney.com](http://www.HorseJourney.com)

### **SPECIAL INTRODUCTORY FEE:**

First session is \$75 for the 1 ½ hour session. The regular fee is \$95 for 1 ½ hour session. Prepay for 4 sessions to receive an additional \$20 discount.

For more information, please see Karin Bauer's website: [www.HorseJourney.com](http://www.HorseJourney.com)

To reserve your spot, please contact Karin: 250-860-1964 (home) or 250-864-1964 (cell)

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