

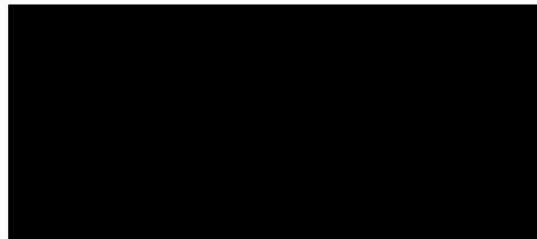
About the Group

Where: Nestled 2 kms from Carseland on 20 acres
Map available upon registration

When: Saturday May 1 or
Sunday May 16 or
Sunday May 30
All 10:00-4:00 pm

Minimum registration - 3 pairs
Maximum registration - 5 pairs

Cost: \$250.00 per mother/daughter pair
Lunch Provided



Mothers & Daughters Journey



"To fly, one only need take the reins."

Melissa James



For further information and/or to register
please contact

Lori at 403-988-0774 or equines@platinum.ca

Check out our website at
www.equines.ca

INNER EQUINE JOURNEYS
Growth & Development Center

Equine Facilitated Growth & Development

This one day workshop assists women in exploring the dynamics of relationships of mothers and daughters, while celebrating the unique bond they share. Women & horses also have a unique and powerful relationship. The horse offers women the opportunity to deepen their connection to themselves and enhance their relationships with each other. Horses are social animals and provide constant honest feedback regarding our interactions with them. This feedback provides the opportunity to explore, clarify and build the special connection between mothers and daughters.

With the assistance of horses, the day is designed for women who want to experience the unique, powerful interplay between women in their roles of mother and/or daughter. Working with these magnificent animals, we explore the feelings behind our communication; various personality styles and how they affect our relationships. Opportunities to celebrate growth in these special relationships are recognized.

Meet the Facilitators

Lori Thompson is the founder of Inner Equine Journeys Growth & Development Center. She is a Registered Nurse and has over 20 years of experience in the Mental Health field. She has further education in Equine Assisted Psychotherapy, Equine Assisted Personal Development and Equine Facilitated Wellness. Lori's horse experience includes 20 years as a horse owner, volunteer experience in Horse Rescue and Therapeutic Riding Programs.

Marcy Field is a seasoned business professional with a background in communications. She started her business, Mountain Lion Leadership Inc., in 2003. She is an avid learner and joyfully helps others engage in their learning journey. She is actively involved as a volunteer in her local community and throughout the province helping create opportunities for personal and professional development.



Frequently Asked Questions

1. What is Equine Facilitated Growth & Development?

Equine Facilitated Growth & Development (EFGD) is an emerging field in which horses are invited to mirror personal growth & learning.

2. Do I require previous experience with horses?

No. All you need is a willingness have fun with horses while you learn.

3. Do I need riding experience?

No. The work takes place on the ground and out of the saddle.

4. I'm afraid of horses. Will I be able to participate in the group?

The program has been designed to help you with your fear and to be with the horses in a safe environment.

5. How should I dress for the group?

The only clothing requirement is that what you are wearing allows you to be in the arena or pasture in varying weather conditions. Shoes that cover and protect your toes are essential.

6. Do I require any special equipment?

No. All horse tack & safety equipment is provided.