



# Wild Horse Haven Rescue



## Horse Heart Breathing

### Techniques for Stress-Anxiety-PTSD

DO YOU SUFFER FROM STRESS, ANXIETY, PTSD? HORSE HEART BREATHING IS A PROVEN METHOD FOR REDUCING STRESS AND DEALING WITH LIFE. WHETHER IT'S HUGGING AND GROOMING THE HORSES OR SITTING AND OBSERVING THE MUSTANGS IN OUR TRANQUILITY EQUINE PARK OUR GOAL IS TO CONNECT YOU WITH THE HORSES.

We are located just South of Safford off of Powerline Rd. Contact us for a visit with your family, organization, or self. We are currently open by event or appointment only.

Call or Text 520-698-7685

wildhorsehavenrescue@gmail.com

This is a free service sponsored by the United Way, there is not a fee



## LIVE UNITED



## SIDEWINDER

*Emissary of Peace*

**WILD HORSE HAVEN**

SIDEWINDER CAME FROM THE DAKOTA'S AND HAS A MESSAGE OF PEACE AND TO STOP BULLYING. CONTACT US FOR A VISIT TO YOUR ORGANIZATION OR EVENT BY

**SIDEWINDER**

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