


## Soul Sensations Sessions


### Equine and Nature Facilitated Therapy


The pace and pressures of life and our sensory needs can become overwhelming. Come and take time for yourself to relax, reflect and reset. During our half day sensory care workshop with horses, connect to what's important. We aim to help you identify where there is an overload in your life, and plan how you may get that balance back again. Through connecting with nature and yourself, finding ways to meet your sensory needs in day to day life.

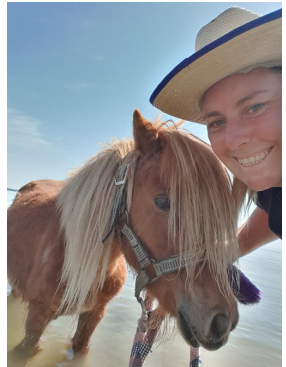
Grazing platter provided for lunch

**See website for our latest session dates**

 0428 1221 00 Michelle

 Port Stephens  
various locations available

 [info@flyingchangesdc.com.au](mailto:info@flyingchangesdc.com.au)



Suitable for NDIS plan or self managed participants. Qualified Staff with a compassionate and understanding awareness of individualised needs. 1 to 1 programs available on request.

