

# BOOK NOW

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## Mother and Daughter Connections

Mother-daughter relationships are complex and diverse. Rarely perfect but are essential and will remain a mutually important relationship throughout our lives. This workshop will provide an opportunity to explore who you both are as individuals and through building a stronger sense of self will enhance connections with each other.

Interactions will include activities with horses as well as mindfulness while indulging in a luxurious high tea style afternoon tea. The focus will be on fun and exploration.



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Aruma, 558 Yass River Road, Yass



Save the date

**Saturday**

**28th March 2020**

**9am till 3pm**

Suitable for anyone<sup>1</sup> Horse experience is not required and we can support all confidence levels.

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The target audience is mothers and daughters and for them to participate together; however, this workshop is equally suitable for fathers and sons or anyone wishing to explore relationship connections.