

BOOK NOW

at www.flyingchangesdc.com.au

Self-care with horses

Are you finding yourself frazzled with the pace and pressures of life. Take time for yourself to relax, reflect and develop a personalised self-care plan. During our half day self-care workshop with horses, connect to what's important. We aim to help you identify where there is an imbalance in your life and then plan how you may get that balance back again. Through connecting with nature and yourself and finding that new balance you can live life more fully and in return have more energy for others.



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info@flyingchangesdc.com.au



Aruma, 558 Yass River Road, Yass



Save the date

Friday

27th March 2020

9.30am till 1.30pm

Horse experience is not required and we can support all confidence levels.

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