

## Trot Through Trauma Group For Women

>> *Come experience the miraculous healing power of horses!* <<

**\*\*LAST THURSDAY OF EACH MONTH\*\***

**7:00pm-9:00pm**

**Location:** Sand and Spurs Equestrian Park  
1600 NE 5th Ave, Pompano Beach, FL

**Cost:** \$63 Prepaid at [www.ucanride.org](http://www.ucanride.org)  
(first come first serve – up to 6 people)

**2019 Dates:** Apr 25, May 30, June 27, July 25, Aug 29

Horses have emotions much like ours. As prey animals they are very aware of what we are experiencing inside and can help us heal and cope.



### We Use:

- U Holistic recovery model approach including mind, body and spirit.
- U Horse centric mindfulness activities for stress release including grooming, hand grazing.
- U Fun interactive activities on the ground with horses that facilitate growth and learning.
- U Mounted therapeutic riding activities including riding instruction (weight limit 250).
- U Horse lesson plans geared to your population: we include deep listening, feedback and coaching during each session.
- U Playful, fun, warm atmosphere.

Groups run two hours. Fee is per person. Call Sharon Tamayo for more information and for eligibility at 954-654-5849. Many horses are rescue horses and your fee supports their care. We build relationships and create healing programs. The horses are part of our therapy team. Individual Equine Facilitated Psychotherapy also available.

Trot through Trauma is led by U Can Ride Therapeutic Sessions with PATH Int'l Certified Therapeutic Riding Instructors and Staff. Our staff is down to earth, non-judgmental and fun! Our horses have great personalities and can't wait to meet you—there's one waiting just for you!