

Awareness for Wellbeing

8th June 2019



- ❖ Would you love some time in the country, just focusing on YOU?
- ❖ Could you enjoy interacting with horses and creating expressive artwork?
- ❖ Would a day connecting with your feelings and thoughts to develop greater awareness be helpful?

We get it, women are often juggling careers, family and relationships and lose connection to their needs or goals. Transitions in a woman's life can cause stress which in turn can affect important relationships.

This workshop is designed to support and honour each woman's journey by offering innovative activities that encourage self expression, reflection and personal learning.

Why Horses?

Horses are majestic beings, often evoking strong feelings and emotions. They bring to the process a natural and non-judgmental mirror to reflect your unique thoughts, feelings and non-verbal communication. You don't have to have any experience with horses and this calm and gentle process will provide you with insight to assist you in re-connecting with the richness and fullness of you.

Why Art?

Working with art can help you explore your emotions, relieve stress, and improve symptoms of anxiety and depression. You don't have to be artistic or even creative to work with art, because the therapeutic process is not about the artistic value of the work, but rather about finding associations between the creative choices made and your inner life.

What can I expect?

During the workshop you will undertake innovative and creative activities with horses. **No horse-back riding occurs and no prior horse experience required.** During these safe activities, you will experience deep authentic connection with the horses. The horses will also provide you with unique and accurate feedback for your reflection.

You will also have the opportunity to participate in group activities using art, **no artistic talent is necessary.** Together we will use the tactile and simple medium of moulding clay to help you express yourself artistically and explore the emotional undertones of your work.

Outcomes for the day will be different for each woman, our qualified facilitators are trained to guide and nurture each woman on her unique journey. Gentle processes enable each woman to feel more grounded and gain greater embodied awareness and emotional clarity. The natural beauty of the Scenic Rim, combined with the calming and creatively expressive activities, make the groups engaging, fun and restorative.



"Such a unique experience and a journey of personal discovery. Alice created a safe and respectful environment to explore my inner thoughts and feelings through working alongside her beautiful horses" Helen



What is included and Where

Full-day sessions: -

- Starting at 9am & concluding at 4pm
- Structured exercises with a horse
- Group expressive art sessions
- Journaling and group discussion
- Morning/afternoon tea and a healthy lunch
- Cost per person \$250

Where:- Mount Alford – see map (10 mins south of Boonah, just over an hour from Brisbane and 40 minutes from Ipswich)



How do I pay:- Click on the '*Find Out More*' button on the website, send your details and a registration form will be emailed to you with payment details.

Facilitators



Alice Tait. BCounsCo.
Equine Assisted Therapist.



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