

August is the month of Mindful Mental health.

# Rejuvenation and Self-reflection!

Reserved for HSE&A clients and CBE Boarders

**When:** Saturday, August 6<sup>th</sup>

**Time:** 9am to 12pm followed by a potluck lunch

**Where:** CBE and a bit of “forest” time!

**Riding:** YES, to feel the transformation

**Cost:** \$250 (fellowship time included)



It's important to take moments to breathe, find your inner calm,  
and rejoice in reflecting on what makes you “you.”

What creates that special bond with a horse that no amount of ‘training’ could?

We will each draw a personal color card; the clinic will be influenced by that card

Horses are our teachers...they are natural herbalists. What makes a horse calm?

What herbs, scents, and activities do they use to rejuvenate?

. **We will be making personal oils with Cherme's CC Apothecary.**

What are your favorite scents? What is your horse's?

**\*\* PLEASE DRESS IN YOUR FAVORITE COLOR! \*\***

**Potluck: Living and Loving the Color!**

Please bring a potluck item to share. Horse Sense will provide lemonade and spritz waters (mint/cucumber, berry, and orange with red strawberry garnish).



Please RSVP by emailing [Horsesense@praly.com](mailto:Horsesense@praly.com)