



August, 2025

From the Horse's Mouth



What's been happening?

As I shine a light on the smallest member of our herd this month, I feel drawn to focus on one of the most powerful lessons he shares with us...BOUNDARIES!

Boundaries are the distance where we feel safe; they are unique to us and can change from moment to moment. No one else can tell us what our boundaries are or should be!



If our boundaries have not been respected in the past, or it has felt unsafe to express them, we can dissociate from our body and ignore the warning signs.

Horses like Carwyn do not have a history of having their boundaries honoured by humans. And yet, as his own sense of safety returns, he is willing to support humans to find this safety for themselves.

The horses do not judge, resent or manipulate us when we express a boundary, nor do they fall into patterns of people-pleasing out of fear of disappointing others. They can offer us a safe space to rediscover our own voice.

Just because someone may be small, or their voice quiet, does not make their boundaries any less important.

Contact us

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Meet the Herd

~Carwyn~

Carwyn needed a home and was one of 5 horses who found Ali and Greg when they went in search of their wedding venue (who doesn't come away with multiple horses when selecting a wedding venue...?!). Carwyn is a very cautious little man, whose voice was ignored in the past due to his size and cute appearance. His wariness helps make you aware of your movements, energy and intentions. Respecting his boundaries gave Carwyn the time and space he needed to trust us, and now his playful nature shines through.



You herd it here first!

Snowy Monaro Veterans Subsidy

We have partnered with the Cooma Ex-Services Club to offer heavily discounted private 8-week programs for 5 local veterans! If you are a veteran living in Cooma or the surrounding area check out our website or contact Ali for more information:

<https://www.helpinghoovesfelltimber.com.au/upcoming-events-and-news>

