



February, 2026

# From the Horse's Mouth



## What's been happening?

Welcome back to our newsletter - a collection of ponderings, horse wisdom and updates! After a busy and tiring few months to finish 2025, we have taken some time to slow down, rest and take each day as it comes throughout January. While not always comfortable, we are trying to listen to our bodies, rather than succumbing to the far too common rhetoric that come the 1<sup>st</sup> of January we should be go, go go!

Even if filled with love and connection, the holiday period isn't always restful and nourishing. Sometimes the new year comes around and we feel we're starting with an already-empty cup. If this is the case, and we don't acknowledge it and find ways to support our own needs, then we will not be able to show up for others...or ourselves...when we truly want to.



As we move gently into this new year with presence and awareness, instead of trying to "do more" each day, can we actually do *less* but with *more intention* so that 2026 becomes a year of personal growth?

## Contact us

[www.helpinghoovesfelltimber.com.au](http://www.helpinghoovesfelltimber.com.au)

[info@helpinghoovesfelltimber.com.au](mailto:info@helpinghoovesfelltimber.com.au)

0431 794 024



## Meet the Herd

~Moe~

Just when we thought our herd was complete...we met two gentle giants who told us they wanted to join the family! This month we meet the first of our big boys, Moe!



An ex-trotter, this fellow can MOVE! His big trot is as fast as the others galloping! But when you meet him up close, he's like a giant teddy bear. Moe loves attention and will happily rest his head (which is the size of your torso!) ever so gently in your arms. While his size may be intimidating, he offers beautiful protective connection. This sweet boy teaches us that even the largest creatures can have a very gentle soul.

## You herd it here first!

### 2026 offerings coming soon!

Keep an eye on your inbox, our website, or our Facebook page as we release our offerings for 2026. Don't hesitate to reach out if we can support you personally, or you would like to discuss options for your team!