



March, 2025

# From the Horse's Mouth



## What's been happening?



count as more horses!

February was an exciting month with two unexpected gentle giants joining the Helping Hooves Herd. Anyone who knows "horse maths" knows that because they're the same colour as most of the others they don't

Jerry and Moe will receive proper introductions, but for now we are spending time getting to know each other. They have integrated well into the herd, are enjoying an abundance of quality hay and extra nutritional support, and we are fascinated watching the herd dynamics shift and change as everyone gets to know each other.

Just like people, each horse is unique, with their own personality. Change can be disruptive...and it can also be beautiful, nourishing and full of unexpected surprises!



## You herd it here first!

***A few spots remaining! Register now!***

**International Women's Day**

**Grounding and Connection Workshop**

**Saturday, 8th of March, 2025**

This Equine Assisted Learning workshop is designed to help you slow down, become present, connect with yourself, the herd, Mother Nature and other women. It is a time to help your nervous system rest.

See the flyer for more information!

## Meet the Herd

~Carmeena~

Carmeena (Meemee) is a Brumby from the Indulkana region of South Australia and was rescued at a young age by a Brumby Sanctuary before we adopted her when she was about 3 years old. She has a curious nature, loves to play with water and her gorgeously big ears will tell you what has her attention. Meemee is a stoic girl who has had to suppress her natural responses in the past to survive in a human world, and her resilience and willingness to still connect with people now that it's her own choice is a powerful lesson in adaptability and forgiveness.



## Contact us

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