



July, 2025

From the Horse's Mouth



What's been happening?

Western society often celebrates "busyness" as a measure of our professionalism and status. But if we turn to nature, we realise that we all require balance. Yes, there is a time when the hustle and push can help us bring our vision to life. AND...there is a time to rest.

We seem to have forgotten that we are human BEINGS, not human DOINGS. With shorter days, below freezing temperatures, and much needed rain and snow up here on our mountain, we are aligning to the season, offering ourselves grace and slowing down. And when we experience a magical whiteout, we all rug up and enjoy the peaceful silence as our land is blanketed in snow.



Our first introductory veterans program also kicked off this month, with Mother Nature showing up in all her glory! Blustery winds, rain showers, glorious bursts of sunshine, and a flurry of snow! The fire pit was a warm and reflective place to gather as we shared and learned together.

You herd it here first!

Communication and Difficult Conversations

EAL Workshop Series - 19 July 2025

Slow down, step into the world of the herd and unlock your capacity to communicate on a much deeper level. Details on our website:

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

Contact us

www.helpinghoovesfelltimber.com.au
info@helpinghoovesfelltimber.com.au
0431 794 024



Meet the Herd

~Miribad~

Miribad joined the Helping Hooves Herd at the same time as Mossy, having had some basic training as a youngster then living in a herd for a number of years before needing a new home. Miribad has a curious personality, loves to connect with humans and is known for the cheeky faces he makes, especially when he smells something new or interesting! He can often be found playing with Ghost, grooming with Tilt, or grazing quietly close to Mossy, who remains a source of comfort for him if he is unsure.



Half-Day Veterans Programs

Our intro programs continue each month. Sponsored by Soldier On - no cost to veterans. Places are filling up fast so don't wait! Dates and details on the booking page: <https://www.trybooking.com/events/landing/1395393>

