

Women's Mini Retreat

PRESENTED BY HAALT

Join us Saturday, October 5th

Women of all ages are invited to the farm to engage in creative ways to relieve stress. Your lead facilitator, Samantha Hodges, LCSW, ESMHL, will guide you through various grounding meditations and relaxation techniques outside on our tranquil farm in the company of horses. This is your opportunity to take a break and engage in self-care. Leave feeling refreshed and reconnected with your authentic self. You are worth it and deserve it!

No horse experience is required

Located in World Golf Village, St. Augustine,
Full address will be provided upon registration.
Limited space.

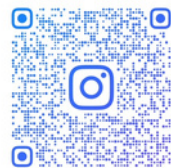
*The event is from 9 a.m. to 12 p.m.
\$150 per participant*

How to register...

To register for this event, please contact
Samantha Hodges at 904.650.5577 or email
info@haaltcenter.com

*All interaction with the horses will be groundwork. There will be no mounted interactions.

*Please keep in mind that this is a primarily outdoor event. Please dress comfortably and wear close-toed shoes.



@HAALT.THERAPEUTIC.CENTER

