

Women's Mini Retreat

PRESENTED BY HAALT

Join us Saturday, May 11th

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

Limited space.

The event is from 9 a.m. to 12 p.m.

\$150 per participant

No horse experience is required

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 techniques outside on our tranquil farm in the company of horses. Disconnect from all of the "hats" you might wear and reconnect with your authentic self through nature.

How to register...

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

Registration closes Thursday, May 9th.

*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.

