

Women's Wellness Retreat Day *with Horses!*

CHILL OUT, KICK BACK AND
REJUVENATE WITH A RELAXING DAY
OUT IN THE COUNTRYSIDE FILLED
WITH A MIX OF ACTIVITIES

HORSE KNOWLEDGE NOT REQUIRED -
YOU'LL BE HORSIN' AROUND FROM THE
SAFETY OF THE GROUND!



SATURDAY JULY 20/24
9:30 AM TO 4:30 PM

Facilitated by:
Transitions- Encompassing Wellness
&
Bonnie Taylor Counselling

The cost for the day is
\$225 +hst including lunch.
Location is near Tavistock

- Focus on your mental, physical & emotional wellness
- Unwind your mind, rejuvenate your spirit & sprinkle a bit of joy into the mix!

Tickets available at transitionseq.ca

Questions? Contact us at:
alisha@transitionseq.ca
or bonnietaylorcounselling@gmail.com

