



WOMEN'S WELLNESS RETREAT DAY

with Horses!



Saturday, October 19, 2024
9:30 am to 4:30 pm

- Enjoy a unique opportunity to spend time with other women *and* horses!
- Prioritize your overall well-being
- Practice mindfulness
- Reiki session
- Equine assisted learning activities
- Connect in a supportive & nurturing environment
- All horse time will be from the ground as close as you are comfortable.



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Co-Facilitated by:

Transitions- Encompassing Wellness

and

Bonnie Taylor Counselling & Consulting Services
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The cost for the day is \$225 +hst including snacks & lunch

Location is near Tavistock, ON

Tickets available at transitionseq.ca

