

Women's Wellness Retreat Day with Horses!

Saturday June 8/24 from 9:00 am to 5:00 pm

Tavistock, ON

You are invited to join
Alisha Wilson, from
Transitions Equine Assisted Learning
& Bonnie Taylor, MSW, RSW,
Psychotherapist

to immerse yourself in the serene beauty of the Countryside! Focus on your mental, physical and emotional well-being, quiet your mind and refresh your soul all while having fun! 🌿🐾



🌸 **Mindfulness:** Enjoy a guided mindfulness session outside. Let go of stress and tension as you embrace the present moment and cultivate inner peace.

🐾 **The Healing Power of Horses:** Engage in unique activities designed to promote self-awareness, emotional healing, and personal growth. Explore the powerful connection between humans and horses as you embark on a journey of self-discovery and empowerment.

🧘 **Outdoor Yoga:** Release tension and restore balance to your mind, body, and spirit with rejuvenating outdoor yoga sessions amidst the beauty of the horses and countryside.

🌿 **Reiki:** Immerse yourself in the healing energy of this ancient practice. Relax as you are guided through a gentle approach to balance your mind, body, and spirit, release tension and realign your energy pathways

🌸 **Self-Care:** Participate in an empowering workshop focused on self-care, stress management, and overall personal wellness. Learn practical tools and techniques and leave feeling refreshed, inspired, and rejuvenated.

The cost for the day is \$250+hst which includes a catered lunch and snacks.

Tickets are available on the website: transitionseq.ca

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