

# Taking Back Your Heart & Soul... *and Finding your Spine*

Truly engaging  
experience

## Workshop

Come Experience  
with the Herd

No Horse  
experience  
needed

### Friday, June 4

An interactive workshop to help you:

- Improve communication skills
- Enhance creativity and problem solving
- Get out of your head and think more clearly
- Gain insight
- Discover new patterns to get you unstuck
- Learn to approach emotions as messages
- Strengthen your intuition and confidence
- Improve your perception
- Find your authentic self

*Limited Space*

*Pre-Register Early*

Time: 6:30—9 pm

Cost: \$40.00

Includes: Hands-on session; group discussions;  
refreshments

Location: Melody Acres Training Centre, #317505  
Hwy 6/10 (south of Rockford lights)

For Information, contact Melanie Gray  
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### ***Equine Developed Interacting Tools (EDIT)***

Horses can help us move forward in life in ways we have not envisioned. Interacting with the horse on the ground provides surprisingly powerful moments of self-discovery. As the horses react to your most subtle body language and emotions, they reflect back to you the attitudes and behaviours that are present in all of your relationships. With specially designed activities, you can begin to see clearly how you are relating to yourself and others, both consciously and unconsciously and how to move naturally into new and more effective behaviours. All activities are performed from the ground, no riding involved.

Workshop delivered by Melanie Gray, Carded Judge, Certified Coach, Advanced EAP and Partners in Process Program Director