

Self-care According to Horses

Caregiver Retreat

**Saturday
November 4, 2017
9 a.m. to 3 p.m.**

Fee: **\$145**
Register by
October 27 for a
\$20 discount



**Medicine Horse
Program**
8778 Arapahoe
Boulder, CO

Are you a caregiver at work or for family? Do you ever feel burned out or just plain tired?

Self-care is always important, and even more so when you're busy taking care of others. This retreat offers you time to give to yourself with the support of a herd of wonderful horses, facilitated by two human coaches.

Relax, unwind, and take in the beautiful Colorado countryside during a day designed for you!

"If you are willing to do the work, there is no other way to heal!" -- KS



Join coaches Paula Karen and Cathy Steiner
for a day of replenishment and connection
with the healing herd.

To register, contact Paula at 720-289-8443 or
paula@hawkflightcoaching.com



No experience with horses is necessary. Our focus is on being with the horses rather than riding them.
Please wear closed-toed shoes and dress for the weather. Bring a sack lunch.