

# Healing Through Horses and Muse Horses™

Equine Assisted Learning Invites You To A

Workshop For Women Entitled,

## “Who’s in My Corral?”

Would you lead a horse into a corral with another horse if you knew they didn't get along? Most of us would answer no to that because it could bring harm to the horses. How often do we allow others into our personal space who aren't good for us? Learning how to set boundaries is a necessary step in becoming friends with yourselves and in communicating to others that you have worth. In specially designed activities with the horses, as well as time for personal reflection you will gain the inner strength and skills to be more in charge of your life. This workshop is ideal for women who have been in abusive relationships and or experienced trauma as well as for women who struggle with setting limits without guilt.

### ★Workshop Information★

**When:** Saturday June 27, 2009

**Time:** 10am-4pm

**Where:** Healing Through Horses  
21074A Hwy 84  
Abiquiu, NM 87510

**Cost:** \$ 125 **(Early Bird Sign Up \$100)**

**Class Size:** Limited to 10 Participants

**Contact:** Judy Schneider, 505.685.0596  
Laurie Shannon, 602.615.6241



### You Will Learn:

- **How to define your personal space**
- **Practical assertiveness skills**
- **How to gain more self-respect and teach others how to honor and respect you**



### Your Facilitators

Judy Schneider, LISW has been a clinical social worker for over 20 years. She combines traditional modalities of therapy with Equine Assisted Mental Health. She is the founder of Healing Through Horses an Equine Assisted Mental Health Program and is honored to offer you a day of rejuvenation and discovery through the way of the horse.

Laurie Shannon, M.Ed. is EAGALA certified and has been in the mental health profession for 27 years. She believes that Horses can teach humans to become better people and believes that personal growth is enhanced by our sacred connection with nature and with animals. She is the Co-founder and Director of Muse Horses™ Equine Assisted Learning in Phoenix, AZ.

✂ detach here

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Send Registration Form and check made payable to

Judy Schneider

**Healing Through Horses**

**21074A Hwy 84**

**Abiquiu, NM 87510**

### Early Bird Special

Book before June 12, 2009  
\$ 100.00



After June 12 2009  
\$125.00

**\*Lunch Will Be Provided ~No Horse Experience Needed.~Safety is our Top Priority!**