

"I had been struggling to forgive some central people in my life for some time.

Ever since the workshop, when I go inside to that place of animosity, I find it is gone. It is gone to this day."

~ Dick, IHW participant

To Register:

Call ANT office 360-671-3509

Email us animalsasnaturaltherapy@comcast.net

**Send payment to 721 Van Wyck Rd
Bellingham, WA 98226**

Animals as Natural Therapy (ANT) provides Equine Assisted Growth and Learning (EAGAL) for all ages and Equine Assisted Counseling (EAC) in an experiential learning environment.

ANT practices a hybrid combination of learning models based on :
NARHA/EFMHA, EAGALA, Adventures in Awareness, and Frank Bell; techniques that have been used successfully for over 30 years.

Want to learn more about ANT?

Join us for our Public Farm Tours
3rd Wednesday of every month 4-5pm
contact our office at 360.671.3509
or visit our website.



WWW.ANIMALSASNATURALTHERAPY.ORG

***A path to wholeness
& inner harmony***



*Interactive
Horse Wisdom
Workshops*

An offering of transformation



ANIMALS AS NATURAL THERAPY

Release limitations
and awaken your healer within.

ANT's horse herd
invites you on an inward journey.
With the horses' highly intuitive equine wisdom
they offer new insights
into your human relationships.
Horses seem to choose who they wish to accom-
pany on this journey toward a more authentic self.

**An Equine Assisted Learning Specialist,
A Professional Mental Health Counselor and an
Energy Practitioner are your human facilitators !**



Sonja Wingard, BSN
Practicing 37 years in the
healing professions as a
nurse, and 26 years being
educated by horses.
Animals as Natural Therapy's
Co-Founder &
Executive Director.

Lorna Shepardson, M.A.
Practicing private and
group therapy for 23 years
and equine-assisted mental
health work for 5 years.



Debra Stone
Practicing ancient healing
modalities for 10 years,
offering an opportunity to
gently release energy
blocks and integrate
energy disconnects in the
memory of the body,
transcending limitations
from injury and trauma.



Why Equines ?

- They provide a clear new perspective for healing and change
- They mirror our emotions, uncovering keys to building healthier relationships
- They are not afraid to stand by us as we process feelings of joy and frustration
- We gain strength to overcome challenges in a safely structured environment



2011 Workshops :

Spring & Summer : Friday ~ April 29
Saturday ~ June 18 Saturday ~ August 13

10 AM to 4 PM

Workshop cost is \$175*
Sessions take place at
Windy Acres Farm
in Bellingham, WA.

Limited to 6 participants
(ages 18 and over)
\$50 reserves your space *

Please bring bag lunch

