Animals as Natural Therapy (ANT) provides Equine Assisted Growth and Learning and Equine Assisted Counseling in a peaceful environment.

ANT uses a hybrid of learning models from:
Adventures in Awareness
Frank Bell
Linda Kohanov
Equine Assisted Growth and Learning Association
Professional Association of Therapeutic Horsemanship

To learn more about ANT, join us:
Gala in March
Blessing of the Animals in April
Bluegrass Bash in July
Healing Hearts Breakfast in October

www.animalsasnaturaltherapy.org
Be seen as your authentic self!

Join Animals as Natural Therapy's horse herd on an inward journey.

Why Equines?

Horses help us:
- Find our empowered voice
- Become aware of our blocks
- Find clarity in choices we face
- Gain information about our needs as the horses mirror our emotions
- Process feelings of joy and frustration as they are not afraid to stand by us through big emotions
- Gain new insights into our human relationships

You will learn:
- Grounding of yourself
- Sensing your own space
- Boundary setting

Summer 2016 Workshop

Delve deeper into your authentic self guided by highly intuitive equine guides.

The Horse as Guide Workshop offers equine experiential learning at its best utilizing the horse’s body language to reveal things we may be unaware of.

Our expert facilitators assist each participant in a safe and supportive environment, where one has the opportunity to learn, grow and heal.

September 11, 2016 1–5:30pm

The Horse as Guide Workshop fee is $120.

Sessions take place at Windy Acres Farm in Bellingham, WA.

Limited to 6 participants (ages 18 and over). $120 reserves your space.

Please bring a bag lunch.

Sonja Wingard, BSN
ANT Co-Founder & Lead Instructor
Practicing 40+ years in the healing professions as a nurse, and 30 years accompanied by horses.

Lorna Shepardson, M.A.
Mental Health Counselor
Practicing private and group therapy for 28 years and equine-assisted mental health work for 10 years.