

"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, workshop participant

To Register:

Call ANT — (360) 671-3509

Email — office@animalsasnaturaltherapy.org

Or mail payment to:

721 Van Wyck Rd

Bellingham, WA 98226

Workshops take place at

Windy Acres Farm, home of Animals as Natural Therapy

Limited to 8 participants (ages 18 and over)

Expand your experience with workshop add-ons
with one of the facilitators

An exploratory session before the workshop

Or

a follow up session after \$100

Want to learn more about ANT?

Animals as Natural Therapy (ANT) provides
Animal-Assisted Growth and Learning for all ages.

Join us for our annual Farm Events:

Blessing of Animals in May

Barnyard Bash in July

Tours: 3rd Friday of the month at noon

contact our office at (360) 671-3509

or visit our website.



WWW.ANIMALSASNATURALTHERAPY.ORG



Horse Wisdom

Empowering Your
Authentic Self



ANIMALS AS NATURAL THERAPY

Join Us!

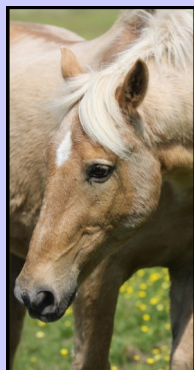
Animals as Natural Therapy's horse herd invites you on an inward journey.

With the horses' highly intuitive equine wisdom they offer new insights into your authentic self and next steps.



Why Equines?

- Horses provide a clear new perspective for growth
- They mirror our emotions, uncovering patterns and keys to our authentic self
- They are not afraid to stand by us as we process feelings of joy and frustration
- In a safe and nurturing environment, one has the opportunity to explore possibilities.



This workshop integrates the horse's body language into our awareness. Our expert facilitators assist each participant in grounding, releasing, playing with your inner child and gratitude ...alongside the horse.

September 14, 2019
10 am-3 pm Saturday
\$195

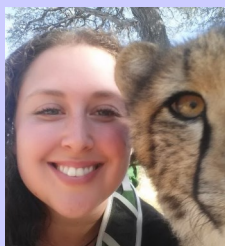
Facilitators



Sonja Wingard, BSN
*ANT Co-Founder &
Lead Instructor*

Practicing 45 years in the healing profession of nursing, 35 years educated by horses.

Lorna Shepardson, M.A.
Mental Health Counselor
Practicing private and group therapy for 30 years and beside horses for 13 years.



Kirsten Koel
Founder of Earthpowerment,
conservation-centered life coaching: transform your fears with love, ignite your confidence and create the life of your dreams!

Rachel Billingsley
Intuition Coach at Evolve You: helping people learn how to connect with and receive the steady stream of support and messages our bodies and environment provide for us.

