

Women, Horses & Fear

Are you a woman whose passion for horses and riding has been damaged by fear or loss of confidence?

Anxiety

Intimidation

Fear

Whatever you call it...

Reconnect with horses. Rekindle your passion for riding.

A day of sharing and learning in a supportive environment. You will begin your journey of understanding and controlling your fear



Learn about horse language & psychology that will help you to create bonds built on mutual trust & respect. Understand why horses behave the way they do. Improve your inner & outer awareness of and sensitivity to equine body language, identify your fear, develop a plan for overcoming your fear, practice fear management techniques, build mutual trust & respect with a horse.

\$195 (includes GST) includes 1 day workshop & lunch.

Saturday, June 6th, 2009 - 9:30 am to 5:30 pm

Sonrisa Farms - Alexandria, ON

Anne Gage
The Confidence Coach
Helping horses & humans be better ... together.
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All activities are conducted from the ground. Suitable for all levels of horsewomen.