

# 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.*

Join us for a day of sharing and learning in a supportive environment. 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.**

Sunday, November 15<sup>th</sup>, 2009 - 9:30 am to 5:30 pm

Blue Heron Stable - Minesing, 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.***