



THE HEART CENTRE

Healing Hearts and Minds with Horses

The Secret to getting your needs met

Curious about the healing power of horses?

Wondering how horses can help you feel less stress and more peace?

Interested in learning how horses can transform your life?

Then join us for a taster morning at the Heart Centre and discover how hearts and minds are healed with horses

Approximate timings and Agenda

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| 9.45 | Coffee and registration |
| 10.00 | Meet and greet |
| | What is equine assisted coaching? |
| | Exercise 1. The Wheel of Fortune |
| 11.00 | Comfort Break |
| 11.15 | Exercise 2. Getting grounded |
| | Exercise 3. Meet the horses |
| | Exercise 4. Discovering the healing power of horses |
| 12.30 | Insight sharing |
| | Next steps |
| 13.00 | Finish |