



# CULTIVATING SELF CARE & COMPASSION RETREAT

REVITALIZE ~ REFRESH ~ RENEW

MIND, BODY AND SPIRIT

AUGUST 24, 2017 10:00 A.M. - 4:00 P.M.

## ✧ Heart Centered Mindful Living ✧

*Horse Sense for Navigating the Emotional Landscape of  
Caring for Oneself Amidst Caring for Others*



Come away from this retreat feeling closer to your own self, at home in your heart, and at ease in your body. As someone who gives to so many all year long, this is a gift that you can give to yourself



When you take care of YOU,  
everything follows.

What would shift in your life if  
you felt more aligned with your  
heart, available to the present  
moment, and able to care  
deeply for yourself?

In this retreat, horses will help  
us learn how to:

- Cultivate heart -centered presence
- Practice mindfulness, self-care & compassion
- connect with inner wisdom
- practice radical self-compassion
- re-establish healthy boundaries with self and others
- Discover new ways to support oneself in the midst of suffering and challenging emotions
- Learn to use our three intelligence centers to make sound decisions
- Motivate ourselves with lovingkindness & without judgement



NO PREVIOUS HORSE EXPERIENCE NECESSARY

### Tuition

Tuition is \$275 per person and includes lunch, beverages, snacks and all materials.

### Registration:

please email  
[cyndie@wintervaleranch.com](mailto:cyndie@wintervaleranch.com) or  
call (612) 940-9288



Winterville Ranch & Retreat Center is conveniently located just 50 miles southeast of the MSP airport. A detailed map and directions will be sent with registration confirmation