

Mother-Daughter Empowerment Retreat

August 23, 2017 10 am -4 pm



Empowering Girls to Be Authentic & Stand in their Own Power!

It is important for girls to learn to lead from their own inner power and trust their intuition as they build healthy self-esteem and relationships. This workshop is designed to help mothers and daughters develop inner confidence to make decisions that empower them to be their authentic selves. Horses can become a trusted companion helping us to learn about inner power, healthy boundaries, friendship, and personal leadership to achieve the goals that are important to us.



During this workshop, we will be explore:

- ☐ personal power and leadership strengths
- ☐ non-verbal communication and body language
- ☐ working with emotions in a positive way
- ☐ developing inner confidence to make healthy decisions
- ☐ personal goal-setting to gain self-confidence
- ☐ Setting healthy boundaries
- ☐ The importance of self care and trusting our inner wisdom

No previous horse experience necessary

Tuition: \$250 per couple
Includes lunch, beverages, snack and all materials.

Additional information will be sent with registration confirmation.

To Register, please contact Cyndie Hays

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