

THE BENEFITS OF HORSE MEDICINE!

PRESENCE & AWARENESS

Horses require a presence and awareness with ourselves and with them on all levels. Physically, mentally, emotionally,

REGULATION

The heart vibration of a horse provides a regulating effect on our nervous system which impacts our general health and wellbeing.

ATTUNEMENT

Being in relationship with a horse requires us to truly see and be seen, feel and be felt, hear and be heard, receive and be received..just as we are and as they are.

ALIGNMENT

Horses meet us as our sacred and holy selves and lead us into greater alignment with who and how we are here to be.

HEALTHY RELATIONSHIPS

Horses provide gentle feedback about our relationship with self (especially our nervous system) and others while providing an opportunity to practice healthier patterns.

AND SO MUCH MORE!

