6 participants 9-3 including lunch

9:00-9:30 Clients arrive - Bathroom, nametags,light snack, sign releases

9:30-10:00 Introductions, Set intentions for day (what is getting in the way of self care?)

10:00-10:15 Why horses

10:15-11:00 Go into pasture - observe horses, observe your body, Discuss what is coming up - Take away,

                     Get more comfortable around horses, Notice regulation of energy, ease nerves

11:00-12:30 15 minute Round pen sessions - ll participants watch and observe what comes up for them as they watch others work on self care topics.

12:30-1:00 Lunch

1:00 - 1:45 Group labyrinth walk - Discuss what they are leaving behind

1:45 -2:00 Bathroom break

2:00-2:30 Letter to the horse - Insight into themselves - Discuss as a group

2:30-3:00 - Wrap up, check in on intention set in the morning