**Is your stuff getting in the way of your relationship with your horse?**

Has the fun with your horse disappeared, and do you feel like the dream is slipping away? Are you apprehensive, anxious, defeated and caught in the same frustrating cycles every time? Is your horse time more triggering than fulfilling? If you would like to find practical solutions to these patterns, this clinic is for you. Join Sarah Schlote and Todd Owens as they bring body awareness and emotional intelligence into the process of horsemanship to improve and transform the human-equine bond.

- Learn about stress, trauma, attachment dynamics, and how these impact relationships and confidence
- Develop skills for self-awareness and self-regulation
- Discover effective ways of working with anxiety, fear, shame, frustration, inadequacy, and boundaries

During the clinic, horse-human pairs will learn new strategies to support positive growth. Spectators will have the opportunity to ask questions and gain a deeper understanding of the techniques and strategies.

*Start shifting old patterns of relating and reacting to build a more satisfying partnership*

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**Introductory Clinic  | March 4, 2018  | 1-5pm**

Venue: WindReach Farm, 312 Townline Road, Ashburn, ON

*Open to all horse lovers, regardless of approach or discipline!*

**Your Hosts:**

**Sarah Schlote:** Registered Psychotherapist and Somatic Experiencing® Practitioner

[www.equusoma.com](http://www.equusoma.com)

**Todd Owens:** 3 Star Parelli Instructor

[www.toddowens.com](http://www.toddowens.com)

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3 Horse/Rider Pairs (in hand or mounted):

$150 + HST for a 45-minute lesson

**30 Spectator Spots:** $40 + HST

**By Pre-Registration Only**

416-722-0843 / [toddowens@bell.net](mailto:toddowens@bell.net)

Application required for horse/rider pairs