

THE RESONANT HORSE WORKSHOP: 'Mediation, Mindfulness and Prayer With The Horses'

Join us for a wonderful morning filled
with horses and healing!

Burned out, stuck, overwhelmed? Together, with the horses, we will explore a way of being that supports what we most deeply need. Slowing down and embracing these three tools can aid us in becoming the best version of ourselves. It can be beneficial in so many ways, for instance, increasing self compassion.

Bring a sack lunch for a group meal at the conclusion of the workshop.

Bring your open heart, a journal and a pen!

WHEN: Saturday,
May 3, 2025
9:30 A.M. - 12:30 P.M.

WHERE:
The Resonant Horse
260 Creek Road,
Phoenixville, PA 19460

FEE: \$150

To Register and
For More Info:
Call Mindy Chernoff @
610-247-0408 or
theresonanthorse@gmail.com

Visit:
www.theresonanthorse.org



No previous horse experience is necessary. All exercises with the horses will be un-mounted, there will be no riding.

Sign up soon!

CASH, CHECKS AND VENMO ACCEPTED