

# HORSES & HEALING

A Workshop for Those Experiencing the Profound Effects of Grief

*We invite you to join us for an evening of guided experiences alongside horses to pause, honor loss, listen inward, and remember that*  
***we do not have to carry grief alone.***

**MONDAY, MARCH 30<sup>TH</sup> 2026 FROM 5 - 8PM**

**COST: \$50 PER PERSON**

**Horses meet us where we are and have a way of inviting stillness, awareness and connection.** This three-hour retreat will provide the space and time to walk with grief however it shows up for you, while in the presence of horses.

**Participants will engage in gentle, guided, ground-based activities with horses that encourage:**

- emotional regulation
- honoring the person or loss they're grieving
- finding moments of peace
- reconnecting to themselves

**This equine-assisted space is specially designed for reflection, connection, and grounding.**

*All activities will be ground based. No riding experience necessary.*

Please register via the QR code by March 27.

For more information or questions, please contact Sarah at [sarahs@instepwithhorses.org](mailto:sarahs@instepwithhorses.org) or 440-688-1810.

**REGISTER NOW**



## LEARN MORE ABOUT US!

**Web:** [www.instepwithhorses.org](http://www.instepwithhorses.org)

**Email:** [info@instepwithhorses.org](mailto:info@instepwithhorses.org)

**Instagram:** [@instepwithhorses](https://www.instagram.com/instepwithhorses)

**Facebook:** In Step With Horses

**Phone:** 440-688-1810



*Our experiential program improves mental health and overall wellness by connecting people to licensed mental health professionals, animals, and nature.*