



## *Harmony with Horses*

# Establish Boundaries, Expand Life:

### *Releasing the Wounds of Sexual Abuse*

*Discover the compelling lessons horses reveal about safety and intimacy in relationships...*

Experienced in working with survivors of sexual abuse, Christine Cole and her horses help clients find ways to broaden their lives and safely strengthen intimacy in their relationships. Using on-the-ground exercises with horses, she creatively and sensitively works with individuals who have physically disassociated from themselves, fear intimacy, and want to learn how to develop comfortable personal space. Because horses naturally seek to form partnerships that enhance their well-being, they offer sexual abuse survivors impactful lessons on safety, intimacy, and feeling one's power.

### **Through this work, sexual abuse survivors can:**

- Gain clarity in their lives
- Bring intentions clearly into focus
- Regain their power by being fully present

*With Christine's help, boundaries became visceral and for the first time, I discovered the safety of living in my body.*

*– Frances, incest survivor*

**Private and group sessions available for survivors of sexual abuse.**

## *About Christine Cole*



Equine Expansion Coach Christine Cole has been living with horses for 50 years. She has the unique ability to illuminate how to access a state of quietude that leads to inspired living.



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### ***Special complimentary Harmony with Horses for therapists only***

Time: 9 a.m. to noon  
Dates: Friday, March 12, 2010 or  
Saturday, March 13, 2010  
Place: Full House Farm  
Sebastopol, CA  
Fee: None  
Group Size: Six (6) maximum

#### **Call to register**

The activities with the horses are all on the ground, not riding the horses. No horse experience necessary.