

Harmony with Horses

Special Complimentary Workshop for Therapists

May 7 & 8 9:00-12:00*

*call or email to register



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

Through this work, sexual abuse survivors can:

→ Create clarity in their lives

→ Bring intentions clearly into focus

→ Regain their sense of power and freedom by being fully present

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

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

- Frances, incest survivor

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.



These complimentary workshops are in honor of those who have dedicated their careers to assisting others in establishing a sense of well-being and empowered living.