

## **Add a Little Pony Power to Your Next Ladies Night**

***“How you react to the horse is how you react to the rest of your life.” ~ Koelle Simpson: world-renowned life coach, horse whisperer.***

Women are nurturers by nature and are programmed to take care of their herd. They thrive in family groups and are prone to make personal sacrifices, looking out for the greater good of their herd. Like the lead mare in the horse herd, women are inclined to find food and shelter, provide discipline and structure and guard against threats to the safety of those in their care. Both women and horses understand what it means to be vulnerable; perhaps that is why the psyches of both horses and women seem so connected. As women, we tend to leave ourselves last on the list of priorities, which can cause us to lose touch with our authentic selves, the creative, confident, purpose filled ones we were meant to be.

Our Pony Powered Programs have been designed to assist women in addressing common issues associated with low self-esteem, decision making, life changes and self-discovery. Horses are wonderful at teaching how to set boundaries, make healthy choices, recognize self-worth, build self-esteem and cope with change. Our ponies are terrific teachers and help us find those ‘ah-ha’ moments. They are great at their job because they live completely in the now, are totally honest, and best of all, they do not judge! They don't care about your clothes, your weight, your spiritual or political beliefs, or where you've come from. They will help push you out of your comfort zone allowing you to grow in confidence in fun new ways. You will come away a more courageous, self-aware and excited you!



Each month from May to October we will feature a different and exciting exercise that will partner you with our ponies to work through obstacles and problem solving exercises. Each exercise builds on the last to promote learning and self-discovery and give you a unique pony powered ‘girl’s night’ experience you won’t forget!

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