

Lifeline Horse Rescue and Rehabilitation
LETS PROGRAM
EQUINE-ASSISTED WORKSHOP SERIES

LIGHT WARRIOR: Loving All Parts of Yourself

Sunday, October 27

11:00 am-1:00 pm

Greystoke Farm, Gaithersburg, MD



REGISTRATION IS REQUIRED

Free for veterans, service members,
and their families

**FOR MORE INFO, CONTACT
LEILA@LIFELINEHORSERESCUE.ORG**

(301) 318-1686

Join us for a transformative equine-assisted shadow work workshop to discover and heal your true self.

**Uncover hidden
Emotions & Patterns
That Keep You Stuck**

Learn to embrace all parts of yourself, light and shadow, and feel empowered in your healing journey.

LED BY EMMA HERTZBERG
LIFE + HEALTH COACH
TRAUMA-INFORMED YOGA
TEACHER



REGISTER NOW! LIMITED SPOTS AVAILABLE

