



**LIFELINE HORSE RESCUE'S LETS PROGRAM**  
**PRESENTS**  
**AN AFTERNOON OF REFLECTION AND RECOVERY**

**TRAUMA-INFORMED YOGA**  
**&**  
**EQUINE-ASSISTED WORKSHOP ON**  
**GRATITUDE**

**RESCHEDULED FROM NOVEMBER--NEW DATE**

**FRIDAY, DECEMBER 13, 2024**

**1:00 PM - 3:00 PM**

**GREYSTOKE FARM, GAITHERSBURG, MD**

**301-318-1686**

**LEILA@LIFELINEHORSERESCUE.ORG**

**REGISTRATION REQUIRED**