



**HORSES FOR THE SOUL**  
HUMAN. NATURE. NURTURED.

MONKTON, MD

Manage anxiety • Build coping skills and confidence • Work through fear



0821

For all ages, coaching with horses builds healthy relationships and emotional regulation. Listening, caring and relating to horses (and people!) is a fundamental step in any enjoyable partnership. Balance the virtual, the high-tech, and the wireless connections of today's world with the soul-felt, face-to-face, heart-to-heart connection both horses and humans are designed to experience.

**GUIDANCE, HEALING and EMPOWERMENT  
THROUGH HORSES**

[www.horsesforthesoul.org](http://www.horsesforthesoul.org)

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