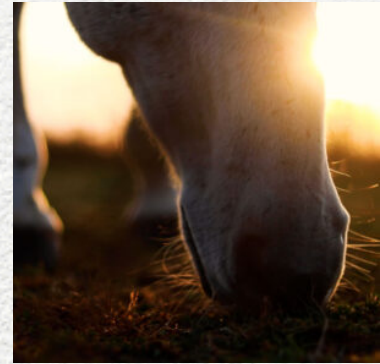


# Day Long Retreat Series

## “Exploring Connection with Horses and Humans”



Join us as we partner with horses to understand ways to connect with self, others, and the world around us. Themes will include identity, communication, relationships, trust, and connection. Together we will engage in restorative practices such as mindfulness, intention setting, and breathwork, as well as equine led group activities that foster space to explore the topic of the day.

When: 9:00am - 3:00pm

Saturday, May 16th - Learning to Listen

Sunday, June 7th - Who am I?

Saturday, July 18th - The Heart of Trust

Sunday, August 9th - Connection in Community

Saturday, Sept. 19th - Navigating Relationships

Where: Wild Acres Wellness

15489 45th Street S.

Afton, MN 55001

Space is Limited, so Sign Up Today!



Cost to participate is \$250 per retreat day

Private pay only - Open to all adults

No previous horse experience necessary



*Hosted By:*



**Chris Percy, MEd, LPCC** - "I believe that therapy is a relationship between the client, therapist, and horses that offers the opportunity for processing and reflection, where I have the privilege of listening and providing a fresh perspective. As a multiculturally competent counselor, I strive to create a

brave, nonjudgmental space where you feel encouraged and celebrated to explore and be your genuine and authentic self. My hope is to work collaboratively with you to empower you to identify and implement meaningful changes in your life."



**Cristin Murray, MA, LPCC** - "Using elements of nature, mindfulness, and other evidence-based practices, I work with clients to explore their experiences and make meaningful changes in their lives. I believe every client has the resources within them to heal from the past and positively impact their future. The space and time here at

Wild Acres is a valuable resource to explore and build on skills in a non-judgemental and supportive environment. I value collaborating with clients on their vision of success, whatever that may look like for them."

For more information email [cristin@wildacreswellness.com](mailto:cristin@wildacreswellness.com) or call 612.440.4342