



Little Winds Equine Guided Education

# *Healing Horse Wisdom: Exploring Grief & Loss*

*Sunday, June 5th, 10AM - 4PM  
Davis, CA*

*"The sorrow of all our human losses, great and small ...  
feeds into a river that runs underground beneath our lives."*

*- Joan Halifax, Being with Dying*

We are all living with layers upon layers of loss - from the death of a loved one, to the loss of dignity or respect, the loss of family due to divorce or drugs or alcohol, the loss of jobs, the loss of dreams, to the sometimes humiliating losses of old age or illness. Left unacknowledged, these accumulated losses impact our mental, physical and emotional health. This workshop is an opportunity to bring those losses to the surface within a supportive community and with horses as deeply understanding guides. By carefully attending to our grief, we can move forward in the process of healing. Horses provide a mirror to our sometimes deeply buried feelings and act as non-judgmental witnesses to our sorrows and fears.

Cost: \$125 / person · Delicious lunch and snacks included  
To Register: call 530-400-0325 or email: [amf@littlewindsege.com](mailto:amf@littlewindsege.com)  
For more info: [www.littlewindsege.com](http://www.littlewindsege.com)