

Replenishment Retreat

Join fellow first responders, healthcare workers, and caregivers for some time away to slow down, connect with nature, and discover the healing presence of horses.



It's easy to get caught up in the stress of these times, particularly when providing for others, whether professionally or privately. This retreat allows you to shift your energy with the help of our wonderful equine coaches, led by Coach Cathy and Equine Specialist Emily.

**Thursday
June 17, 2021
9:00 am – 1:00 pm
Cost \$125**

**Contact Us for more
Dates and Times**



Wildsong Ranch
10069 North 65th St.
Longmont, CO

"Cathy's coaching helps you experience a shift in your body that changes your perspective immediately. Your life changes in a moment!" – CA



Cathy Steiner

Join us to replenish and connect with the healing herd.

To register, contact Cathy
720-644-9214
cathy@riverbendlifecoaching.com



Emily Harkless

No experience with horses is necessary. Our focus is on being with the horses rather than riding them. Please bring water and a sack lunch, wear closed-toe shoes, and dress for the weather.