



DiscoverRing

WITH*HORSES

Steadfast Steeds Mustang Sanctuary

Making Amazing Memories with America's Mustangs

Presents

Creating Connection Through the Way of the Horse: Individual Coaching

 The path to authenticity requires one to move from simply functioning in the world, to becoming connected to all aspects of life and self. The horses will move you through the steps of revealing your true self. Let the horse teach you to become more: emotionally, physically, and relationally connected.

 **Why Horses?** These perceptive creatures are sensitive teachers. As prey animals, their instinct of “flight” is an instant, non-judgmental, feedback mechanism for humans. During the encounter of noticing the horse’s response to the participant’s directions, each individual discovers how to manage fears and their emotions, communicate more effectively, and become more congruent and authentic with their actions. A remarkable boost of confidence is obtained from connecting and directing a nine-hundred-pound animal while standing on the ground.

*“The horses have positive effect on every person they engage with, every single time.”
Sanctuary Founder, Tracy*

 **Would you like to:** love your true self, strengthen confidence, improve boundaries, direct your energy more effectively, clarify your direction in life, strengthen your authentic self within relationships?

 **Meet the Band** – get up close and personal with the S’tangs

 **Equine experiences may include** – individual DiscoverRing sessions, reflective grooming, horse painting, ground work.



No horse experience necessary

Session information:

- **Call to schedule 970.241.0939**
- **Fee:** first session includes 30 minute orientation, 1.5-2 hours, \$150
Second and subsequent sessions, one hour, \$100
- **Referral program:** tell a friend about your experiences at Steadfast Steeds. Once they schedule their first session, you receive \$20 off your next session!



Facilitator: Tracy Scott is the president and co-founder of Steadfast Steeds. She is certified as an equine experiential learning coach, and is an EFLC approved instructor. Tracy also advanced her education through Horse Courses online in five different areas of focus. Forty years of relating with horses.

Tracy’s expertise in mustangs comes through extensive study and experience with wild and with socialized mustangs. The eight socialized S’tangs of Steadfast Steeds have taught Tracy and many sanctuary guests about relationships, boundaries, self confidence, authenticity, how to be congruent in an incongruent world.

Steadfast Steeds P.O. Box 3953, Grand Junction, CO 81502
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