

# LIMITLESS



## Connect ~ Discover ~ Dream

A 6 week group for teens 13-17 years old.



*Touch  
of Equine*   
Cultivate Your New Beginning

# LIMITLESS

Connect ~ Discover ~ Dream

You have Limitless Potential. Believe It!

- Create strong Boundaries
- Discover parts of self
- Create a Vision
- Build Connections & Resilience



Tuesdays , May 16,23,30,  
June 6, 13 20th



Farm Away  
Portage la Prairie, MB



6:00 - 8:00 PM



\$347

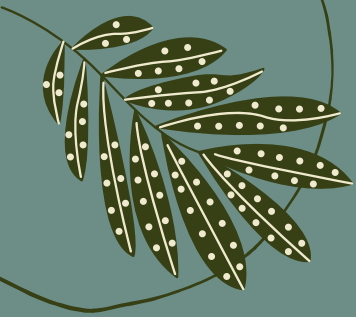


Sessions will be outdoors with the horses, weather permitting. 13-17 years of age. Close toed footwear required. Register now! Only 6 spaces available.

For more details:  
[tracy@touchofequine.ca](mailto:tracy@touchofequine.ca)

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of  
Equine*  
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A stylized line drawing of a horse's head, facing right, integrated into the logo design.



## Registration Form



Name:\_\_\_\_\_

Address:\_\_\_\_\_

City:\_\_\_\_\_

Postal Code:\_\_\_\_\_ Ph#\_\_\_\_\_

Email address\_\_\_\_\_

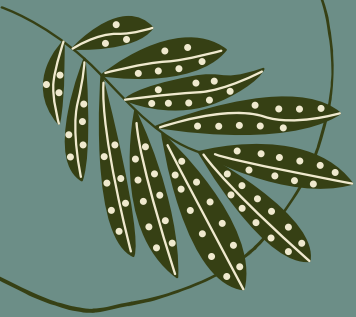
Age:\_\_\_\_\_

Group held Tuesdays, May 16,23,30, June 6, 13 & 20th  
6:00 - 8:00 PM at Farm Away. Portage la Prairie, MB  
Open to Teens 13-17 years of age. Parent/Legal guardian must sign waiver forms.

Cost \$347 for 6 weeks, includes taxes.  
50% Deposit due upon registration via etransfer to [tracy@touchofequine.ca](mailto:tracy@touchofequine.ca)  
with remaining balance due by May 15th. Registration deadline May 10th.  
Questions? [tracy@touchofequine.ca](mailto:tracy@touchofequine.ca)







*Inspiring Human potential through Connection,  
Optimism and the Wisdom of the Horse*

## Teen Gestalt Group



A gestalt group is a wonderful way to bring youth together for connection and self-discovery. Through this 6 week growth circle, connection and interaction with both myself and equine coaches, the youth will have opportunities to develop stronger leadership skills, create healthy boundaries, become clear communicators and cultivate healthier more stable relationships with family and friends.

We will begin group by going over our agreements. The agreements are like our code of conduct. For example one of the agreements is...

Listen Deeply I agree to listen respectfully to the communication of others and to be open to the meaning behind the words.

I encourage our youth to actively participate in developing their own agreements for the group if they so choose. It gives them a true sense of belonging, connection to each other and a sense of safety. After our agreements we will do a check in. Each group member is given time to introduce themselves, share how things have been going for them, identify areas in their life that may be bothering them/struggling with or I may ask for a specific check in. After this, the group will flow into where the group is needing support the most. We will take time to focus on each other as individuals as well as develop empathy for others in the group. We will connect to our bodies with breath work and guided meditations all while supported by the horse. As a group we will begin to identify our personal parts of self, basically what makes us tick as individuals. Knowing who we are and what parts of us show up helps us begin to respond vs react in various scenarios.

As the groups coach I will ensure that the youth feel safe, supported and truly listened to. By creating this sacred space youth will begin to understand their world: both their external world and their internal one.

Work with the horses requires no horse experience. There is no riding and the majority of the work is done with the horse on free liberty in a pen with the clients on the outside. Group members will at some point have the chance to join one of the horses in the pen and we will also spend time grooming and connecting with our equine partners.

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