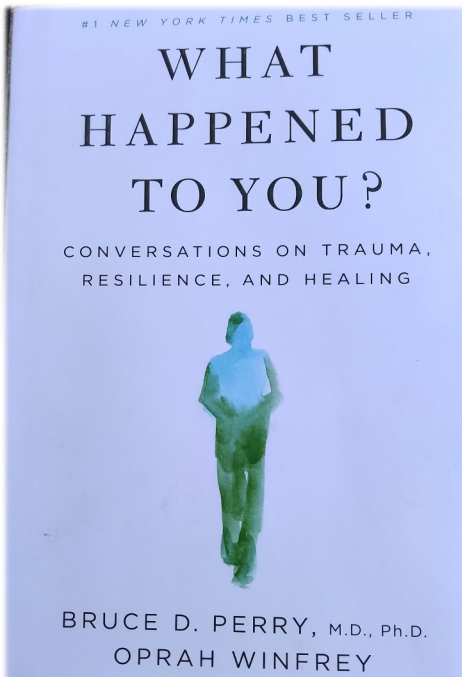


What Happened to You?

An Equine-Facilitated Book Club Experience



Have you ever wondered how your childhood experiences formed the person you are today? Oprah and Dr. Bruce Perry explore this question in their best-selling book *What Happened to You? Conversations on Trauma, Resilience, and Healing*.

Examining the latest research on brain development, stress response, and resilience, they show us how our bodies and minds adapted to the environment and experiences of our childhood. They help us see how our behavior today can often be understood as coping responses to the stress or trauma we were exposed to. Instead of asking the usual question of *What's wrong with you?* they ask *What happened to you?*

Join me for a different book club experience. In addition to discussing the book, we'll work with horses in equine facilitated sessions to have them help us see ourselves in a new way. As we learn to understand our behaviour and the way our body works, we open up the opportunity to respond differently to difficult situations.

This experience will consist of four weekly 3-hour sessions and can be tailored for individuals or groups of up to four.

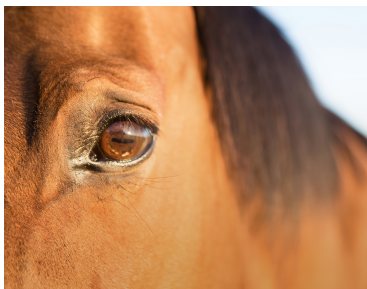
This workshop could be especially helpful for educators and first responders, as we learn how behavior is influenced by stress and trauma.

Horse activities will take place outdoors.
Please be prepared for the weather!

No horse experience required.
All horse activities take place on the ground.

\$195 for four sessions

Why Horses?



Horses have an incredible sensitivity to the energy around them. They live in the moment and are totally aware of everything around them. Their ability to pay attention to us and them, makes them very effective in detecting and mirroring our internal state. This helps us grow our awareness so that we can learn how to respond more effectively.



Barb Ganske, Eponaquest® Instructor, Internal Family Systems-informed Practitioner, Somatic Experiencing Practitioner-in-Training, is an avid horseperson, musician, gardener, business person and life-long learner. Her horses are a continual source of learning and self-awareness for her. Barb created Reclaim Connection Ltd to offer people the opportunity to connect with and learn from these amazing horses.