Horses & Mandalas

A day of discovery, truth, and possibility
with Sherri Garrity & Heather Plett
Saturday, June 23, in Hazelridge, Manitoba

Experience the power of horses as guides to finding truth and possibilities within yourself. Internalize that learning and shift old patterns of thinking by creating intuitive mandalas.

In this one-day workshop you'll explore the concepts of false and authentic selves and why horses are such amazing partners for learning. You'll also explore the power of the mandala as a way of engaging in the kinds of right brain learning that is not easily defined with words and logic.

You'll leave the day feeling renewed and empowered, and will learn methods you can use as a regular practice in your day-to-day life. You can't take the horses home, but you will take home a special mandala journal in which you can continue to explore what you learned.

No horse experience is required and all activities will be done on the ground (no riding involved). The workshop will be held at SymaTree Farm, 20 minutes northeast of Winnipeg in Hazelridge. Rain or shine (indoor covered arena and classroom facility).

Sherri Garrity is a communications and leadership consultant and coach. She works with organizations and individuals who want to improve the effectiveness of their communications and make connections that matter.

Heather Plett is a writer, coach, and teacher whose specialties lie in the areas of creativity, leadership, storytelling and community. In her workshops, Heather teaches about creative/spiritual practices such as mandalas, contemplative photography, and body art journaling.

Cost: $125 *(includes a light lunch and all supplies)*

NOTE: Half of the proceeds will be donated to Click Purple, a fundraiser created by Heather's students in support of Osborne House, a local women's shelter.

Register at by clicking the "buy now" button below, or send a cheque to Heather Plett, 745 River Road, Winnipeg, MB R2M 4A2.

Questions? Email heather@heatherplett.com or shergarr@gmail.com.