

# ***The Unbridled Partnership***

The Journey of Harmonizing Body, Mind, & Soul  
Utilizing Equine -Assisted Wellness

Join us for a Powerful 2-day retreat blending movement, mindfulness, and equine reflection to restore your natural balance from the inside out

When:



May 31 | 1-5 PM



June 1 | 10 AM -2 PM

Where:



Affinity Ranch:  
11892 E. Hilltop Rd.  
Parker CO 80134

## **This Retreat Offers You:**

- Build **self-awareness** and **core strength** through Yoga & Pilates
- Learn about the Gut & tips to create optimal **gut health**
- Practice daily Mindfulness to **stay centered** and **present**
- **Reduce Stress** and calm the nervous system naturally
- Recognize emotional triggers and **respond** with **calm & clarity**
- **Recharge** your energy and **reconnect** body & mind through grounding techniques

## **Your Guides**

**Mona Merrick**

Board Certified Health Coach  
[www.bodybalancecoaching.com](http://www.bodybalancecoaching.com)

**Antoinette Engelke**

Board Certified Holistic Health Practitioner  
[www.s2snaturalhealth.com](http://www.s2snaturalhealth.com)

**Space is limited - Reserve  
Your spot now**

