



WOMEN'S EMPOWERMENT SERIES

Becoming your best self through personal empowerment

Come to the ranch
Experience personal growth in a natural setting
Interact (if you so choose) with horses as part of your experience

In each workshop, participants will experience

- ☐ Empowerment
- ☐ Affirmation
- ☐ Validation
- ☐ Discovery

Workshops facilitated by Terrie Valentine
With members of the Reins and Rainbows team

April through September 2020
Third Saturday of the month

- 4/18 Journaling – A journey of Discovery
- 5/16 Drumming for mindfulness
- 6/20 Loving Myself Fiercely
- 7/18 Showing UP in Relationships
- 8/15 Keeping It Simple – Removing Emotional Clutter
- 4th Saturday 9/26 Celebrating the Nature in Me

Investing in yourself is always money well spent

Packages and Prices

Cash, check, Pay Pal

Individual workshops	\$150 each
Purchase all 6 workshops	\$600 – savings of \$300
Sign up with a friend	\$100 each

For further information or
To register by phone
260-563-2576

WOMEN EMPOWERMENT SERIES REGISTRATION

Name of participant _____

Mailing address _____ City _____ Zip _____

Email _____ Contact phone _____

Select		Cost		Amount
	Workshop package of 6 sessions (no refunds for cancelations)	\$600		
Select	Individual Workshops	Cost		Amount
	Journaling - A journey of discovery April 18	\$ 150		
	Drumming for Mindfulness May 16	\$ 150		
	Loving Myself Fiercely June 20	\$ 150		
	Showing UP in Relationships July 18	\$ 150		
	Keeping It Simple - Removing Emotional Clutter Aug 15	\$ 150		
	Celebrating the Nature in ME Sept 26	\$ 150		
	Total			
Select	Signing up with a friend	Cost		Amount
	Journaling - A journey of discovery April 18	\$ 100 ea		
	Drumming for Mindfulness May 16	\$ 100 ea		
	Loving Myself Fiercely June 20	\$ 100 ea		
	Showing UP in Relationships July 18	\$ 100 ea		
	Keeping It Simple - Removing Emotional Clutter Aug 15	\$ 100 ea		
	Celebrating the Nature in ME Sept 26	\$ 100 ea		
	Total amount due			\$

(Required)
Name of friend _____

Mailing address _____ City _____ Zip _____

Email _____	Contact phone

PAY PAL

No refunds for cancellations