



Kindle Health at Fox Song Farm



Faith Richardson, DNP RN

Health & Wellness Counseling/Coaching

I help people re-ignite their joy

December 2017

Welcome!

Thank you for considering **Kindle Health at Fox Song Farm** to be a part of your journey toward greater health and well-being ... I'm delighted!

Kindle Health provides opportunity for reflective growth through private sessions and workshops that are held in the natural environment of a small farm. The horses, goats, chickens, trees and meadows of **Fox Song Farm** provide opportunity for therapeutic nature-connections. As an ecotherapist, I am committed to promoting nature-connections in our time together—and all facilitators who are invited to host sessions, groups, or workshops commit to this too.

Workshops that will be offered in the 2018 season include *Colored Ponies Communication Styles, Meadow Musings for Creative Unblocking, HeartMath & Horses, Grandma and Me Farm Fun* and *Grandma and Me Hobby Horse Fun, Soul Collage Expressive Arts*, and a few other surprises still in the works! Dates and other information for these will be released in the new year. We will be offering a **Bring a Friend** rate for our workshops, where if you sign up with another adult participant, you both attend for half price.

As well, private counseling/coaching sessions will begin again in early spring, and individual and group sessions will be available. Please contact us at kindlemyhealth@gmail.com if you are unable to book a session through our temperamental online system

There is something magical about the healing nature of ... well, nature! Weather permitting, Kindle Health sessions may take place outdoors in the fresh air to the backdrop of bird song and horses grazing, or under the cover of a horse shelter! Because I am an Equine Wellness Facilitator, we can also include the horses in our workshops. Horses have a rich way of providing us with reflective insight. And, it often is quite amazing how the goats and chickens get involved, too ... Together, we are all about helping you experience deep joy in your life!

I look forward to meeting you ... *Come home to your herd.*

Best,

Faith

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