

How to register for workshops at Fox Song Farm:

You can register online by going to www.kindlehealth.org and clicking through to 'Online Bookings.' Choose an event date that works for you (offered March – October at FSF, weather depending)

- Payment is requested at the time of registration and is due before the beginning of the workshop
- Bring a friend, and you both attend for half price! Email Faith with your information and your invoices will be adjusted
- **COLORED PONIES** events are held at Fox Song Farm. Dress for the great outdoors—in layers and with sturdy shoes or boots—and remember the sunscreen and hat!

Please complete your registration forms and the Fox Song Farm safety lesson before arriving to the event. If you have any questions, please email kindlemyhealth@gmail.com



About Kindle Health

KH offers ecotherapy and health & wellness counseling and coaching events in a farm environment at Fox Song Farm. A special focus includes responses to ageing, life/career transitions and chronic health challenges.

Faith Richardson is an Ecotherapist and Life Coach, with an advanced nursing practice background and Family Nurse Practitioner degree. As a credentialed provider, Faith offers techniques from HeartMath™, Applied Kinesiology (PSYCH-K™), Equine Facilitated Wellness and Equine Guided Learning (EFW-CAN). Faith's rich experience in creative writing and coursework in the therapeutic use of arts brings a deep regard for the creative and expressive arts in healing.

Along with individual sessions, Faith offers group workshops, including Grandma/Grandpa and Me Farm Fun, Meadow Musings, HeartMath & Horses, and Finding Your Joy.

For more information, visit Facebook [FSFWellbeing](#) or www.kindlehealth.org



KINDLE HEALTH
Faith Richardson, DNP RN
www.foxsongfarm.com
kindlemyhealth@gmail.com



COLORED PONIES

1. Identifying your communication style
2. Relationship Building

Equine-Guided Learning Events
at
Fox Song Farm



Are you a
'true blue'
Blue
Roan?



Or a 'good as
gold'
Palomino?



How about the
'green and
growing'
Green Bay?



Or the fiery-
orange
Chestnut,
'squeezing the
juice out of
life?



ABOUT COLORED PONIES



"To be hear d, be her d"

COLORED PONIES ONE AND TWO workshops are equine-guided learning programs with information and activities that can transform the way you think about dialog and conversations in the family, at the office, in the classroom, or anywhere you interact with others. In workshop one, you will identify your own communication style and learn about others' styles. In workshop two, you will build on your new skills, creating conversations that lead to trust and forge strong relationships.

COLORED PONIES uses the metaphor of horses to channel the power of equine-mentored learning about being present, coherent or aware of your emotional state, and clear about your intentions. The concept of herd furthers an understanding and honoring of our individual characteristics and needs, while reinforcing the sameness of shared strengths and stressors.

And isn't it fun that 'her d' and 'hear d' are homonyms?

COLORED PONIES draws on communications theory, neuroscience, equine behavioral science, and personality color theory from psychology, and from the 'True Colors' program as taught for years by Mary Miscisin.

COLORED PONIES Workshop Fees

Workshop 1	4 hours	\$325
Workshop 2	4 hours	\$325

- You must have taken Workshop one before participating in Workshop two
- A Colored Ponies Workbook fee is additional for Workshop one, to be used in both workshop levels
- No previous horse experience is required to participate.