

Resolution Activities...

- Creative Art Coaching
- Brain Trauma
- Team Building
- Grief & Loss (Family, work)
- Anxiety, Panic Attacks
- Depression & Emotional Pain
- Eating Disorders
- Anger Management
- PTSD
- Unhealthy Behaviours and Addictions
- Blind & Deaf Support
- Suicidal Ideation & Prevention
- Speech Impediment
- Family Mediation Restoration
- Home Schooling Programs
- Couples-Restorative-Grounding

Healing Services Offered...

Retreats; Meditative Grounding; Yoga; Aroma Therapy; Sagging; Restorative Yoga; Mindfulness, **ask us about our variety of workshops.**

We offer Private In-House Professional Group Sessions and Workshops for Financial Institutions, Veterinarians, Dental Associates, Social Workers, Veterans and First Respondents

*SonFlower Stables Canada Not-For-Profit Organization
Corporation Number 996651-01*

**All Services Are Provided by
Appointment only**
(519)718-1432
mary@sonflowerstables.com
www.sonflowerstables.com

About Mary Howe



Mary is licensed and certified with Edu-Therapy Canada. She exercises her functions through SonFlower Stables, working alongside an amazing team of healing horses and practitioners. Mary is the Founder and Director of SonFlower Stables-Horses Healing Human Needs, Ltd.(not-for-profit) located in Southwestern, Ontario (Oxford and Norfolk Counties). Mary works within a farm setting in conjunction with an Equine Supported Environment (ESE) in which horses are instrumental within this healing approach. Her achievements are focused on the ability to intuitively bond with horses and empathically support each participant to an understanding and awareness within their emotional, Spiritual and psychological traumas.

Why Horses? Because they teach us about boundaries and mutual respect through their ability to emulate the characteristics of human behaviour. Horses are non-judgemental, they create a safe place where trust can be embraced and nurtured.

What Does ESE DO? This revelatory process compliments all community service workers and medical professionals by providing them with an instrument by which individuals can achieve and overcome emotional and mood disorders.



Mary Howe

Resolution Therapies

Equine Supported Environment

Community of Healing

In Collaboration with SonFlower Stables

519-718-1432



**Why We Work
Alongside Horses?**

Our team of horses are devoted within facilitating an immediate connection to human behaviours - Horses can relate to traumatic

experiences encompassed by the **human limbic brain area** causing a powerful, emotional, spiritual and psychological release. Horses respond intuitively with a mirror-like reflection within human behaviour. We encourage the participant to use the right side of the brain, associating Creative attachment with their heart tugs while tapping into their Solar Plexus ... An **Equine Supported Environment (ESE)** offers individuals an experience that awakens their natural ability to understand themselves more profoundly. This scientific methodical connection is called the Limbic Loop.

What is an Equine Supported Environment (ESE)?

ESE is a resolution focussed approach which is customized to meet everyone's individual need through Resolution Therapies (RT) that offer and facilitate constructive, valuable life skills.

Farm Setting – A non-judgemental atmosphere:

Participants find themselves achieving a more relaxed and comfortable state of mind allowing a willingness to communicate more freely with the horses and or the facilitator.

This behaviour allows the participant to tap into suppressed past, present or feared future emotions - Learning to tap into one's feelings will create healthier self-awareness making these emotional behaviours transparent while revealing hidden painful emotions such as guilt, shame, un-mourned grief and or unsettled grudges. Healing transformations result in a healthier state of Mind, Body and Spirit...



Unresolved grief creates a blockage within healing and inhibits our ability to fully experience Freedom from emotional Pain.

Proud Sponsors



Pricing

Introduction Session	\$150.00
Single Session 1 hour Session	\$75.00

CLOSED FACILITY

Private Session 1 hour Session	\$100.00
Pick-up/Drop off extra charge	\$100.00
Additional charge to session time	
Personalized Equine Activities – please inquire.	

OPEN Session Package Discounts

Package of 8 Sessions	\$500.00
Package of 10 Sessions	\$600.00
Package of 20 Sessions	\$1100.00
<i>Package of 8 & 10 must be used up within 30 days</i>	
<i>Package of 20 must be used within 60 days of purchase date</i>	
<i>Recommended that Initial Month Participant attends 2 to 3 days a week...</i>	

Prices subject to change

48 Hour Cancellation Notice
Is required or the session is non – refundable

Financial contributions to support the horses at SonFlower Stables are greatly appreciated.

Other forms of support can be: quality horse hay, straw, shavings, farrier and veterinary services.

VOLUNTEERS - Volunteers can earn community hours and work experience. Ask about our Banking Volunteer Hours in exchange towards Equine Supported Sessions!

INTERNSHIP- Ask about our program.

School CO-OP Programs