

THE HEALING POWER OF HORSES PRESENTS

Break Free!

How to unlock yourself from the prison of procrastination and perfectionism to live your life with confidence, clarity and courage to be the real you



At home paralysed with procrastination?

Unfinished projects looming to their deadline, expensive courses incomplete, unpaid bills piling up? Unable to do the very thing you know you have to do?

Are you feeling overwhelmed, exhausted, frustrated with yourself? **YES?**

You are probably locked in the prison of perfectionism, your hidden torture of not feeling good enough, running through every cell of your body, afraid to move forward, yet afraid to stay where you are. **Sound Familiar?**

Then come and get your key to breaking free

Sunday 24 June £197 early bird £127

The HEART Equine Assisted Therapy Centre @

**The Holistic Horse and Pony Centre Rydings Farm Long
Reach Ockham Surrey GU23 6PF**

07801 567850. www.equine-assisted-therapy.com

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