



How Horses Can Help with White Fragility

An equine workshop for people in White bodies socialized as women

In this workshop, participants will gain insight into the somatic organization of White Supremacy through connecting with their bodies and working with horses. With new awareness and insight we are all able to challenge ourselves to show up differently, strengthening our resiliency as we navigate the difficult (and necessary!) conversations that are essential in forwarding racial justice.

When: Friday July 24th, 10:00am- 3:30pm
(with a 1.5-hour lunch)

Investment: \$250/person.

50% of the revenue will go to the Racial Justice Coalition of Asheville

Workshop facilitated by:

Katie Hornowski LCSW, Luminescence Counseling, www.luminescencecounseling.net/

Meghan O'Malley, Fierce Love Coaching, www.fierceloveway.com

Terry Kozak, Equine Specialist, You Are Herd, www.youareherd.com/

**To register: Email Katie at:
luminescencecounseling@gmail.com**

We only have spots for 6 people so register soon!