I AM

Presented by The Equinox Trust:

where horse and human interactions become meaningful encounters.

A course designed to help **teenage girls** discover who they are through life skills, fun and inspirational activities. The course focuses on **self-awareness** and **relationship skills**, something all teenage girls need. Working with **horses** has proven to support and boost **self-esteem** and **confidence**.

4 TUESDAYS 29 Jan - 19 Feb 2019 3:30pm -5:00pm NOORDHOEK

R 1500 (R375pp/session; payment plan available)

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