

Personal Healing Retreat

Transformation and Empowerment through Shamanic Healing with Horses in Agassiz & Hope, BC

Experience a daylong immersion into shamanic healing supported by horses and surrounded by mountains, rivers, forests, and lakes.



Shamanism is the ancient tradition of our Ancestors who looked to Nature as their spiritual teacher. It is a living wisdom without doctrine that

allows us to build inner resources and access sacred guidance. Shamanic healing is a means to reach the source of an issue in spirit and release the pattern of pain and suffering so you can reclaim your power and restore joy and meaning to your life.

In **Equine Guided Personal Growth**, horses join the healing process. They are amazing teachers in human development, emotional



healing, and spiritual growth. They teach us critical life skills, including managing emotions, navigating change, setting boundaries, and speaking our truth.

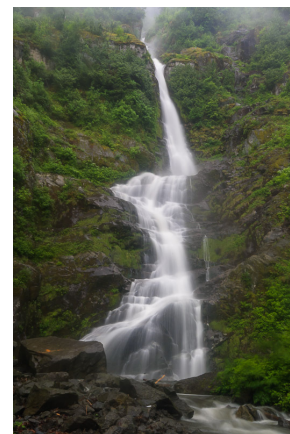
Your retreat is from 10 am until 5 pm and the package is completely customizable. Here is an example of what your day could look like:

We meet at the barn in Agassiz at 10 am to sit with the horses during our initial conversation, then move into a shamanic healing ceremony supported by the horses, followed by an Equine Guided Personal Growth session during which

you interact one-on-one with a horse for further insight.

We break for lunch from about 12:30-2 pm so you have time to process the experience, write some notes, and nourish your body.

In the afternoon, we go on a short hike to one of the most stunning yet remote waterfalls for a Water ritual of surrender & forgiveness, an Earth ritual of grounding & planting seeds, or an Air ritual of breath & connection. For a Fire ritual of releasing & transformation, we would meet in Ulrike's backyard.



We conclude the day with an embodiment practice and you can choose either a therapeutic Yoga session at the lake or a soothing massage.



Bundled into a personal retreat package your investment is only **\$350 for a full day** of healing, transformation, and empowerment.

Ulrike is a shamanic healer in ancient North-European forms of Shamanism with certificates in Equine Guided Personal Growth, Peer Counselling, trauma-sensitive Yoga and Integrated Bodywork.

