

Fossil Creek Farm

100 Garden Valley Road Brightwater
Email: Fossilcreekfarm11@gmail.com



Wahine Kaha - Strong Women

A holistic journey to empowerment

An opportunity for women who have experienced abuse to connect in a safe, non judgmental space.

They will interact with our intuitive horses, in beautiful natural surroundings and experience the unique ways they can help themselves become empowered and more resilient

This is a fun relaxed programme - No horse experience needed /no riding

Week 1 Whakawhanaunga - connect

Week 2 Whakapapa - support

Week 3 Enhancing mana - self love - self care- hauora

Week 4 Te whare tapa wha - finding balance in life

Week 5 Noho kaha - resilience - boundaries

Week 6 Reflect - celebrate -Aroha

Starting date: Friday 1st October

Time: 10.30 - 12.30pm

Cost: \$450

A maximum of six women per programme

Contact - fossilcreekfarm11@gmail.com