



## **Nobody deserves to be stuck in a rut of overwhelm.**

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Are you exhausted and stuck in a rut of constant tweaking and do-overs?

Feeling nagged by unfinished projects and plagued by loose ends - wondering "what if..."



August 17-19

Soulful Prairies  
Woodstock, IL



Recalibrate.  
Create.  
R.I.S.E.



This all-inclusive weekend immersion includes personal coaching, group sharing and private time. Investment in you: \$795

Experience direct contact with the horse healing partners, express yourself on canvas and learn to RISE above the rut of frustration and overwhelm.

Facilitated by  
Michelle Griffith  
Coach, Author, Communicator



Registration and details:  
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