



Welcome to Calming Anxiety in the Barn & Beyond

Here's what to expect over the next week!



We'll set up a pre-course call, which can be done via phone, Zoom, or Google Meet, where we'll discuss what you're hoping to learn and what the course includes. Lessons will include a workbook, a video, and an audio meditation

The course begins Monday, November 30th. You'll receive access to lessons 2 & 3 on consecutive Mondays.

Here's what to do next:

- Please join our Facebook Group here. <https://www.facebook.com/group...>
- Set up a pre-course call on my calendar here: <https://thehorseylife.as.me/?a...>

I will be in the Facebook group Mondays, Wednesdays, and Fridays to answer any questions.

You can also contact me in Facebook Messenger or by replying to this email.

Join the Facebook Community!

I look forward to empowering you with tools to use to calm anxiety, in the barn & beyond!

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