



Just when the caterpillar thought her world was over....She became a butterfly!

# Women's Healing and Empowerment Workshop

## Saturday & Sunday Oct. 14-15, 2017

Saturday: 830 a.m. to 5 p.m.

Sunday: 9:00 a.m. to 4:30 p.m.

Come join us for a fun and life changing 2 day journey to self discovery. You will learn how to let go of those self limiting beliefs that have been holding you back from being all you were created to be.

### Learn how to:

- Embrace change
- Find your "happy"
- Discover your inner goddess.

**No horse experience is necessary. Come wearing closed toed shoes and bring your desire to morph into the beautiful butterfly you are intended to be! We can't wait to watch you fly!**

**Seating is limited. Registration required.**

\$495 includes lunch for both days.

**Please register by October 5th. Register by August 30 and get a \$50 dollar discount!**

**Contact:** Liz Liverman  
equisyn@gmail.com  
804.380.9147

Register online: <https://womenshealingworkshopwithhorses.eventbrite.com>

### About the coaches



A lifelong horsewoman, **Liz Liverman** has had a deep connection with horses since childhood. She believes that we all have a divine self with intuitive gifts within ourselves. Her ability to teach others to access these gifts and to learn

to listen to the heart with compassion allows others to transform the way they see the world and empowers them to explore beyond the five senses and listen to their hearts.

[www.equisyncoaching.com](http://www.equisyncoaching.com)



**Elizabeth Winnes** discovered her purpose in life at the tender age of 13. She has since been guided to inspire others through the heart of the horse. She is an inspirational speaker, transformation life coach, and youth empowerment

coach. Her work is based on the principle that we are all created with a purpose. She believes we each have unique gifts and assists her clients in self discovery, healing open wounds and finding peace in the parts that were once broken.

[www.releasethereins.com](http://www.releasethereins.com)

**Workshop is being held in beautiful Goochland county in Gum Springs. Please dress for the weather.**