



FREE SPIRIT EQUINE HEALING

MENTAL HEALTH AWARENESS WEEK 2026
12 - 18 OCTOBER • BELONGING MATTERS

BELONGING

through Connection with Horses

An invitation to pause, connect and simply be.

WHAT IF BELONGING COULD BE FELT?

Horses have a natural way of connecting.
Within a herd, they know where they belong.
They read one another.
They make space for one another.
They respond to what is present.

They don't ask what happened yesterday.
They don't ask what tomorrow will bring.

They meet us in this moment.

Come and experience, first-hand, what horses might teach us about belonging, connection and being present.

No judgement.
No expectations.
No need to be anything other than who you are.

*Just come.
Breathe. Connect. Be.*



COME AND
HAVE A TASTE OF
HORSE
CONNECTION



SUNDAY
18 OCTOBER 2026



KYREWOOD EQUESTRIAN CENTRE
108 Oroua Road, Newbury, Palmerston North



10AM - 12.30PM
Adults 18+



3PM - 5PM
Children 7+
With parents welcome to stay.

PLACES
ARE LIMITED
BOOKINGS
ESSENTIAL.

FOR BOOKINGS OR MORE INFORMATION CONTACT:



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CONNECTION | BELONGING | PRESENCE | HORSES