

## Women's Equine Gestalt Group returns this spring

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The Women's Gestalt group meets at Shepard Meadows.



BRISTOL — The Women's Equine Gestalt Group resumes this spring at Shepard Meadows.

The group will meet between April 11 and August on the first three Mondays of each month from 7 to 7:30 p.m. at the horse farm at 733 Hill St. The small group program promises participants the opportunity to “experience deep connection, and release unfinished business to enjoy life more fully.”

“Discover the power of equine connection through our horsemanship programs, and step into deeper personal growth with our Women’s Gestalt Group,” said Shelly Whitlock-Pope, executive director at Shepard Meadows Equestrian Center, Inc.

Gestalt therapy involves participants working on the ground with horses whose sensitive, non-judgmental reactions to human energy are believed to mirror and highlight emotional patterns – helping people process unresolved feelings and gain clarity.

Whitlock Pope said the program is designed for women to address issues like self-awareness, emotional exploration and personal growth and self-acceptance.

“It is our belief that we are all whole and complete,” she said. “Give yourself a gift and do something positive for yourself.”

This free-to-attend program is funded by a grant from the Main Street Community Foundation Women’s & Girls Fund.

The program is limited to 10 participants. To register, email [program@shepardmeadows.org](mailto:program@shepardmeadows.org) or call 860-314-0007, ext. 102.

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