

The Courage to Live Beyond Human Trafficking: with Horses and Nature as your Guides.



***Retreat for women who are survivors of sex trafficking and taking back their life
Sponsored by the Renee Jones Empowerment Center & The Spirit of Leadership***

Join our herd of brave hearted horses at Pebble Ledge Ranch where “everyone belongs, everyone is essential everyone matters, and everyone is treasured”

Saturday May 20, 2023 9:00-3:00 Pebble Ledge Ranch, Novelty in Northeast Cleveland, Ohio

The focus: of the “*Take Back Your Life*” *The Courage to Live Beyond Human Trafficking Retreat* is to strengthening empowerment, self care, and loving relationship for those with the courage to break the human trafficking cycle and the commitment to flyerget their lives back on track.

We will explore:

- **Moving beyond trauma and returning to a sense of safety**
- **Developing positive self esteem, self compassion and self care**
- **Learning to establish healthy boundaries and safe relationships and to make good decisions**
- **Experiencing empowermentthrough faith, resiliency and optimism**
- **Daring to dream about a positive future**

Horses, for generations, have carried us upon their backs, taking us farther and carrying us faster than we could travel alone. Today, horses can guide us to find our way in life.They challenge us to movebeyond our previouslimitations and forward to be ourbest self. Horseshave an amazing ability to understand our true emotions offer a unique perspective and reflect back to us what we most need to know.

Gently guided by Jackie Stevenson and the spirit of leadership team, horse herd. and nature,

**For registration contact Renee Jones at the Renee Jones Empowerment Center
rjones@rjecempower.org**

Our promise is that you will have a safe, meaningful and fun experience

There is no riding and all the horseplay takes place on the ground

Meet our Horses on our website at www.spirit-of-leadership.com

Nature soothes the soul and is an abundant source of creative and healing energy. Within the sacred power of nature and the compassionate heart of the horse familiar patterns are often challenged and resources

untapped become available. Nature expands our capacity for focus, intention, and integration to help ourselves and others embody the gifts of self empowerment, self healing, & self care.