

ANNUAL CAREGIVER RETREAT



Town Square University Parkway is honored to partner with Easterseals Southwest Florida in offering our first Annual Caregivers Retreat. As a resource center, we are eager to walk with our caregivers and provide support day in and day out.

This 3-session program is designed to provide support and a therapeutic experience for caregivers, utilizing the presence of horses enhance self-regulation, reduce stress, and promote overall well-being at the Easterseals campus.

Program Objectives:

- Participants will develop improved self-regulation skills through the practice of mindfulness, breathing, and equine interactions.
- Participants will gain a deeper understanding of their own emotional response to caregiving challenges.
- Participants will have the opportunity to connect with other caregivers in a supportive environment.
- Participants will learn tools to strengthen self-care and build resilience.

Previous horse experience is not necessary. All activities are unmounted.

1

Introduction & Mindfulness

Day 1: April 17th
10 AM - Noon

2

Connection & Communication

Day 2: April 24th
10 AM - Noon

3

Reflection & Integration

Day 3: May 1st
10 AM - 1 PM Lunch Included



Space is Limited to 8 Caregivers | **941-277-5048**



INSTRUCTORS

The instructors of this retreat deeply understand the challenges caregivers face.

Each instructor brings a unique blend of personal caregiving experience and professional expertise, combined with the therapeutic benefits of working with horses.

This integration of knowledge and experience makes this retreat one of a kind.



Lori Johnson, CTRI & ESMHL, is a Path International Certified Therapeutic Riding Instructor and Equine Specialist in Mental Health and Learning. With over 30 years of experience in guiding others towards their goals, Lori brings a deep passion for equine-assisted learning to Easterseals SWFL. She believes in the profound impact that horses can have on personal growth and emotional well-being and is dedicated to creating a supportive and empowering environment for all participants.



Mary Ann Robins, ESMHL, PATH International Certified utilizes Parelli Natural Horsemanship principles, emphasizing love, language, and leadership. With over 22 years in education, she brought a passion for equine-assisted learning to her work. She actively contributes to the success of our programs, including coordinating volunteers and providing natural horsemanship training. Her commitment to fostering strong human-horse partnerships built on trust and respect is evident in all her work.



Sharon Yeager, CLC & ESMHL, is a trauma-informed Certified Life Coach and Path International Equine Specialist in Mental Health and Learning. With 25 years of experience as a holistic facilitator, Sharon weaves together a wide array of modalities with the wise presence of horses to guide and empower individuals on their unique journeys. She is dedicated to making a positive difference in the lives of her clients and passionate about helping them lead their most fulfilling lives.

Please reach out to **Skyler Betts** for the application and pricing information at sbetts@townsquare.net