



PAMELA HOUGHTON, MS, ND, LAc has an undergraduate degree from Stanford University in Human Biology. She received her MS in Acupuncture and ND (Doctor of Naturopathic Medicine) from Bastyr University. Practicing for over 25 years, she's listed as a Top Doctor by Seattle Magazine.

She is a certified EAGALA (Equine Assisted Growth and Learning Association) practitioner, a member of the North American Riding for the Handicapped Association, and has studied with Human-Equine Alliances for Learning. Dr. Houghton has over 20 years of riding experience and uses natural horsemanship techniques with her own horses.

In addition to her holistic practice, she hosts workshops building self-confidence and personal insight as well as leadership and communication skills.

For upcoming workshops and more information, please visit Dr. Houghton's website located at www.drpamelahoughton.com.

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EQUINE EXPERIENTIAL LEARNING WORKSHOPS

MADRONA FARM • VASHON, WA



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WHY ATTEND A WORKSHOP?

- 🐾 Enhance mind-body awareness and intuition
- 🐾 Gain personal power and communication skills
- 🐾 Increase confidence
- 🐾 Have fun and enjoy the magic of dancing with horses

WHAT TO EXPECT

- 🐾 You'll interact with horses in a safe environment in a small group setting at Madrona Farm on Vashon Island, Washington.
- 🐾 No previous horse experience is required.
- 🐾 All activities take place on the ground — there is no actual riding.
- 🐾 For more information, a complete listing of dates, workshop costs and registration, please visit our website at www.drpamelahoughton.com.

WHY HORSES?

Horses are similar to humans in many ways — they're sensitive, perceptive, curious and social beings with distinct personalities, attitudes and roles within their herd. They respond to attitude, body language and voice with honest behavior mirroring our own emotional state. Communication with horses requires honesty, respect and trust. It teaches people greater awareness and problem-solving skills.

