



WHAT'S YOUR RECREATION?

I'm Michelle and **THIS IS MY RECREATION** - spending time with my horses in Champagne.

My time with my horses is my own, or can be shared with family and friends. It's calming and helps connect me to the land both physically and emotionally.

When I interact with my horses I become more aware of my thoughts, my emotions, my behaviour and the links between them.

Spending time with my horses - **THIS IS MY RECREATION.**

Photo: GBP Creative



SUPPORTING ARTS, SPORT & RECREATION...
ONE TICKET AT A TIME.

