



## Mission

Through nature and rescued animals, 16 Hands of Love provides a heart-centered, connected & healing opportunity. This heart-centered approach offers those in attendance the ability to reconnect, find balance, and create peace within their lives, which in turn will ultimately allow us to be a part of bringing about more peace, love, compassion and harmony to our world.

## About

16 Hands of Love was created in 2014 through my desire to help the children I used to serve as a public school teacher in a different way. We offer Outdoor Organic Healing and Reconnecting opportunities for all ages through the use of nature and rescued animals. We also serve as a sanctuary for animals that choose to serve with us and are honored to offer them a forever home. In 2016 we became a 501(c)3 Nonprofit Organization.

## Our Goals and Your Support

16 Hands of Love is always open to meeting volunteers who love the animals as they do and who have a passion for spreading love, acceptance and compassion for All Living Things. We also appreciate financial donations that help with the ongoing care and support that provides a forever home to our rescued animals. Donations will also provide funding needed for the space and land used for the healing and reconnecting opportunities we are honored to offer. **Donations can be made via our YouCaring Donation Page:**

<https://www.youcaring.com/16-hands-of-love-620592> We are a 501(c)3 Non Profit Organization • EIN 81-4128366

## Contact

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## Outdoor Organic Healing and Reconnecting through Nature and Rescued Animals



# 16 Hands of Love



[www.16HandsofLove.org](http://www.16HandsofLove.org)



## Services Provided

**16 Hands of Love** offers multiple types of services. Our goal is to be ever creating and evolving to be a source of healing and re-centering focused on bringing more awareness, peace and love to our world through the use of nature and rescued animals.



## Children Sessions

Sessions are offered individually or to groups on a reoccurring or one time basis (*we also offer tailored ongoing events as well*). Through the use of nature and animals, children are given the opportunity to become present and reconnect.

Experiences are not limited to: mindfulness/ breathing exercises, meditation, nature walks, learning and teaching the animals fun games, gardening, painting, playing in the sand, learning how to compassionately communicate with and care for the animals (goats, chickens, horses). Most importantly, learning will occur organically “in the moment” and with acceptance and love.



## Events

We offer multiple types of donation based events to the public, such as:

- **Equine Healing and Meditation**
- **Kids Yoga and Mindfulness Classes**
- **Drumming Events**
- **Family Days** (*where families can come experience a nature walk, have a picnic, meet the barn animals and learn how to compassionately co-exist and communicate with our four legged family members*)

We also support other members of the community by hosting Peace and Healing Days that other practitioners are invited to.



## Adult Sessions

While in nature, personal healing and/or quiet meditation sessions are available with the horses in their time and space. All you need is an open heart, a quiet mind, and a journal to experience Equinistic Healing.

Visit [www.HeartMath.org](http://www.HeartMath.org) for research and to learn about the benefits of healing through animals and nature.

