

Are you willing to become the best leader you know, build unbreakable trust and do the inner work that will change your life *forever*?

Transformation awaits you... on the other side of [this experience](#).



Meet [Heike Hudson N.D.](#): renowned Naturopathic Doctor, Relationship Coach and Trauma Expert with 30+ years of experience, who is coming to the ranch to accompany Sabine's transformative work with horses for the first time from **11/11 to 11/16**.

**Spaces are limited. Book your first sessions with Heike & Sabine today!*

[BOOK MY SESSIONS](#)

For 1 week out of each month, Heike will be joining us at La Esperanza Ranch in Topanga Canyon.

Heike Hudson is a Naturopathic doctor, relationship coach and Gestalt practitioner with a trauma-informed approach. With 30+ years of immersive experience and knowledge in the embodiment and spiritual healing realms, Heike works to guide clients through the somatic field in order to access those unconscious layers and traumas that majorly hinder personal growth, breakthrough and positive change.

Heike believes that mind and talk therapy can be a great way to get started, yet ultimately the mind will unlikely be able to resolve the painful information that is stored in our bodies (cellular memory). Her preferred way of working with clients is to bypass the complex layers of the mind and dive deep into a more kinesthetic or body-focused approach. This helps clients get out of their heads, into the present moment, into the actual embodiment of Self, and therefore into the freedom of their fullest expression.

In her extensive search for the best and most efficient methods to support her clients, Heike has now connected the dots of deep lifelong soul work with people and her passion for horses as the ultimate dream team to achieve profound transformation.

**Now you can include up to three additional Equine sessions with any package to expand on your initial experience with Sabine and her horses and to dive deep into the "inner work" by navigating trauma & breaking through stagnant energetic blocks in your life.*

[LEARN MORE HERE](#)



Grab the reins! It's time that you met the *deep transformation & life-changing leadership* you're searching for.

[START YOUR JOURNEY](#)

We look forward to meeting you soon!



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