

Regulate Your Nervous System

with the EquiEvolution herd

COLORING PAGES

These coloring pages were created to provide a playful way for people of all ages to learn from horses. Through observing how horses move through nervous system states, we're reminded of how we, too, can ground ourselves and find balance. By bringing these regulation techniques into our own lives, we're better equipped to handle stress, tune into ourselves, and cultivate a healthier mind & body.



EquiEvolution's mission is to improve mental, physical, and emotional wellness for both humans and horses by fostering meaningful interaction, while preserving the authenticity of human and equine experiences.
www.EquiEvolution.org @equievolution

EQUINE ART



by
JEANNE REWA

Equine artist **Jeanne Rewa** is passionate about using art to connect horses and humans in deeper understanding and compassion. She offers original art, prints, custom art commissions, illustration, and mindful art workshops in-person and online.
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