

## Durango Adventure Therapy



### Conscious Shift Therapy

[durangoadventuretherapy.com](http://durangoadventuretherapy.com)

HEALING AND AWARENESS THROUGH OUTDOOR PURSUITS



Durango Adventure Therapy offers healing and awareness through water and art therapy at Lake Nighthorse. Outdoor therapy, including “Therapaddle” or “Art Attacks” can be as effective as antidepressants and provide participants with ways to better understand their thought processes, behaviors, and coping strategies. During “adventure” therapy, individuals take part in group or one-on-one activities designed to improve emotional intelligence, well-being and positive outlook. Sessions will be tailored to match the particular needs of the individual(s). Contact Jenny Rogers, [jenny@durangoadventuretherapy.com](mailto:jenny@durangoadventuretherapy.com) or 970-769-2563 to schedule your appointment.

**Bring your own paddle board or rent from 4CRS at a discounted rate.**

Time	Price	Days	Available Times	
1.5 hour Session	\$30/Person *	Tuesday	10 am - 4 pm	Or can customize to your schedule
Additional Hour	\$25/Person *	Thursday	2 - 5 pm	

**\* Admission to Lake Nighthorse is not included.**