



(Thursday)

Opening Evening

5:00 - 6:00pm Opening Circle
6:30 - 7:30 Dinner
8:00 - Evening Practice by
the fireside, Group Sharing
(changes daily)



(Friday)

Day One

7:00 - 8:00am Morning Movement
Practice and Meditation
8:00 - 8:45 Breakfast
9:00 - 12:30 Session with Horses
1:00 - 2:00 Lunch
2:00 - 4:00 Complete Session
with Horses and time to journal,
earthing time, walk in nature/to the
river
4:00 - 6:00 Exploratory
Circle/Workshop
6:30 - 7:30 Dinner
8:00 -- Evening Practice by
the fireside (changes daily)





(Saturday)

Day Two

- 7:00 – 8:30am Meditation Circle with Horses
- 8:45 – 9:45 Breakfast
- 10:00 – 12:00 Workshop (Joyous Body)
- 12:30 – 1:30 Lunch (Intuitive Eating)
- 2:00 – 6:00 Session with Horses
- 6:30 – 7:30 Dinner
- 8:00 -- Evening Practice by the fireside (changes daily)

(Sunday)

Day Three

- 7:00 – 8:00am Morning Movement Practice and Meditation
- 8:15 – 9:15 Breakfast
- 9:30 – 12:30 Session with Horses
- 1:00 – 2:00 Lunch
- 2:30 – 4:30 Exploratory Circle/Workshop (Nourishing the Creative Life, horse hair pottery)
- 5:00 – 6:00 Reflection (Letter to a horse, Letter to yourself)
- 6:30 – 7:30 Dinner
- 8:00 -- Evening Practice by the fireside, Closing Ceremony



(Monday)

Morning Four

8:00 Morning Movement Practice
and Meditation with the horses

9:00 Breakfast

10 to noon Leisurely checkout

