





(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)

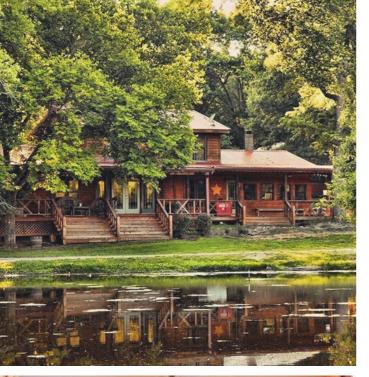
5:00 – 6:00 Reflection (Letter to

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 Practiceand Meditation with the horses9:00 Breakfast10 to noon Leisurely checkout