



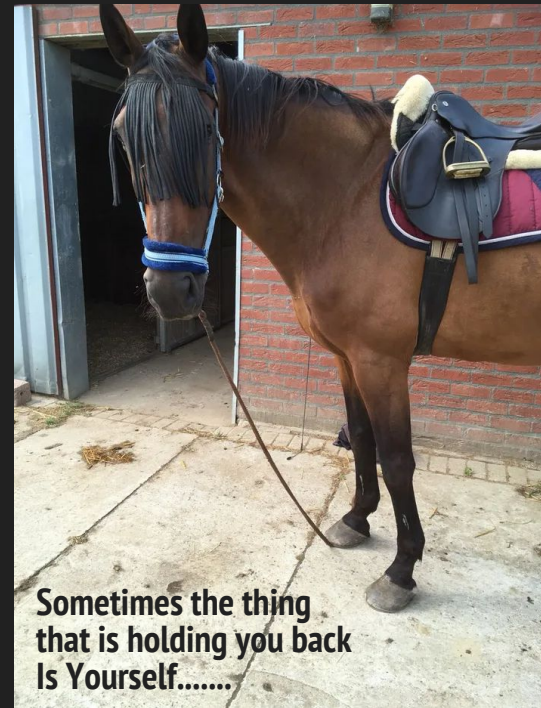
HOLISTIC EQUINE WORKSHOP

Our horse led CPD Equine Workshop is the perfect place to relax, recharge & reconnect with nature

Our experienced coaches and the gentle herd of horses will guide to:

- **Challenge Your Perspective:** Gain fresh insights and broaden your horizons.
- **Feel Grounded in Nature:** Connect with the natural world and find inner peace.
- **Master Being Present:** Learn mindfulness and embrace the moment.
- **Build Trust in Yourself & Others:** Strengthen your self-confidence and create authentic connections.
- **Invest in Your Wellbeing:** Prioritise self-care and holistic health.
- **Make Authentic Connections:** Forge meaningful relationships.

Escape the hustle and bustle. Immerse yourself in the serene surroundings, where mind, body, and spirit find harmony.



Our Team an Herd look forward to welcoming you

Select your date

Sat 24th Aug. or Sun 29th Sept.

- * All work is carried out on the ground
 - * No riding is involved
 - * Dress for the outdoors
 - * With sturdy covered footwear
- Maximum 12 participants -
Light refreshment provided
bring a packed lunch



Workshop Location

Elliott Polo Ponies
Scots Farm Stables
Checkendon
RG8 0TL

CPD workshop timing
11.00 am - 4.00 pm

For booking contact

Email: denise.lyttle@in-harmony.co.uk - Phone: 01748 901694

TEAM AND HERD

In association with

HorseSense
for Life

