



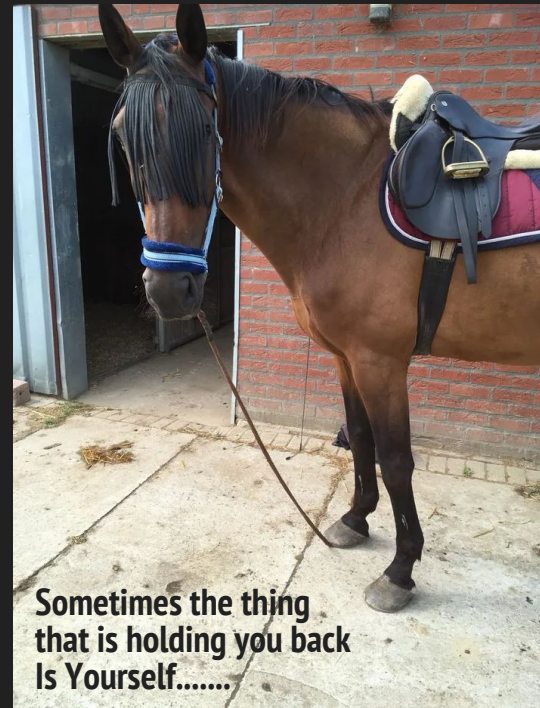
HOLISTIC EQUINE WORKSHOP

Our horse led Holistic 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 26th July - Sat 16th Aug

- * 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 & lunch provided



Workshop Location

Elliott Polo Ponies
Scots Farm Stables
Checkendon
RG8 0TL

**Workshop timing
11.00 am - 4.00 pm**

For booking contact

Email: denise.lyttle@in-harmony.co.uk - Phone: 01748 901694 <https://teamandherd.co.uk>

**TEAM AND HERD
COACHING
WITH
HORSES**

