



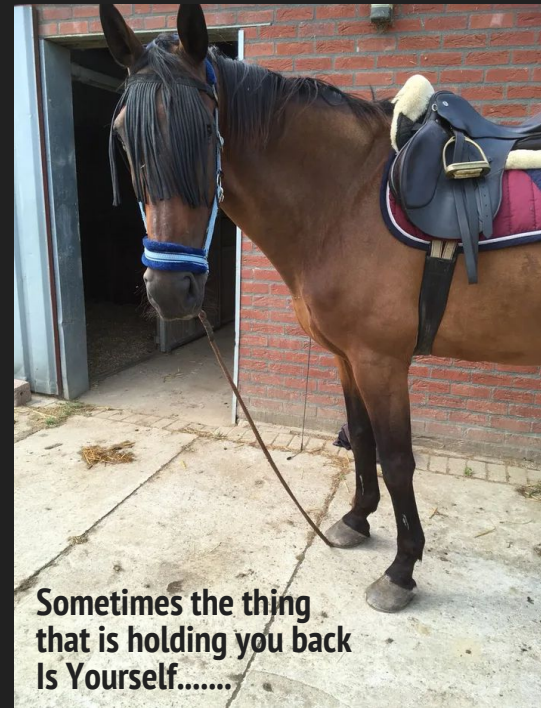
HOLISTIC EQUINE WORKSHOP

Discover the Transformative Power of Our Equine Workshop

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.



Team and Herd Workshops are available on weekends: May to September

- 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

**Holistic 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

