



# HOLISTIC EQUINE WORKSHOP

## Discover the Transformative Power of Our Open 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.



Sometimes the thing that is holding you back is Yourself.....

**Team and Herd Workshops are available on weekends: April to October**

- 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 and lunch provided



### Workshop Locations

Scots Farm Stables  
Checkendon, RG8 0TL  
or  
Chapel Farm,  
Oakhanger Road, GU35 9JB

**Holistic workshop timing  
10.30 am - 4.00 pm**

**For booking contact**

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