

# HORSES HEALING HEARTS

## RETREAT ITINERARY

*A woman's retreat focusing on  
the healing power of horses*

### WELCOME DAY

- Welcome session to set the stage for the retreat
- Groundwork session to bring intentions to the forefront of the retreat
- Welcome happy hour, hors d'oeuvres, and mingling
- Keynote: Intentionality
- Dinner, socializing

### MIDDLE DAY(S)

- Morning yoga session including breath work
- Group breakfast (healthy options to fuel for a full day of horses)
- Groundwork session including crystalline consciousness technique
- Healthy lunch together for uplifting social interaction
- Afternoon trail ride or arena riding session
- 1-2hr break
- Wine tasting, olive oil tasting, etc depending on location specialty
- Keynote: Leadership
- Catered dinner

### CLOSING DAY

- Groundwork session including sports psychology and/or teamwork lecture
- Nutrition discussion
- Yoga with breath work to seal the workshop
- Healthy lunch together

