

MINDFULNESS WITH HORSES

RETREATS TO BUILD CONNECTION, COMPASSION AND COURAGE

Sample Schedule: 13 Hands Equine Rescue, 4 Day Retreat

Please note this is a sample schedule, and while based on actual retreat plans is subject to change. All retreats are customized to the group, and subject to change based on the needs of the horses, the participants, and the weather.

THURSDAY

- 3:00 Check in at 13 Hands*
- 3:30 Welcome and orientation to the farm
- 4:00 Retreat programming
- 6:00 Free time on the farm
- 7:30 BBQ Dinner

FRIDAY

- 8:00 Breakfast at main dining table*
- 9:00 Retreat programming mindful movement
- 9:30 Retreat programming with horses
- 12:30 Lunch
- 1:30 Free time on the farm
- 2:30 Retreat programming with horses
- 4:30 Retreat programming integration and reflection
- 5:30 Free time on the farm
- 7:30 Dinner*

SATURDAY

- 8:00 Breakfast*
- 9:00 Retreat programming mindful movement
- 9:30 Retreat programming with horses
- 12:30 Picnic lunch in apple orchard
- 1:30 Free time on the farm
- 2:30 Retreat programming with horses
- 4:30 Retreat programming integration and reflection
- 5:30 Free time on the farm
- 7:30 Dinner*

SUNDAY

- 8:00 Breakfast with the herd*
- 9:00 Retreat programming with horses
- 12:30 Lunch
- 2:00 Retreat programming integration and reflection
- 4:00 Departure

** for participants staying on site at 13 Hands Equine Rescue*