
Harmony with Horses

Harmony 1

June 24th – 26th, 2009

Mission

*To develop the deep feeling and spiritual connection between horse and human
And to provide stepping stones for personal growth in self-confidence
and belief in oneself.*

Be a part of this mission...

The Retreat Concepts:

Learning the tools for connected success

On the ground...

- Grounding and centering exercises to focus energy and thought patterns
- Learn to harness your inner power through 'Intention'
- Core development for the rider
- Learn to read and recognize the body language displayed by horses and humans
- Develop a healthy and respectful relationship with your horse

On the horse...

- Understand the effects your body position has on your horse's behavior and movement
- Learn to control the horse's movement through his feet
- Integrate **patience, trust, respect and positive re-enforcement** for a connected relationship with your horse

Personal DVD of riding filmed on Day 1 and Day 3

Breakfast, lunch and dinner will be provided as part of the Retreat Package.

All Retreat participants are welcome to camp on-site during the retreat.

(Please note there are no amenities available for showers).

Evening group social and activities.

Horizon Equine Facility

www.horizonequine.com

670 Silver Creek Road * Cranbrook, BC * V1C 6X7

(250) 426-7981

Harmony with Horses

Harmony 1

Harmony 1 is an intensive first level introduction to inner awareness and self-development through interactive concepts between horse and rider.

This journey is a path to new feel for life, yourself and your horse.

Develop your inner awareness, relax and have a wonderful time on your 'Horseback riding holiday'!

- Harmony 1 Basic*** ***\$495.⁰⁰*** + 5% GST
- Activity and theory
 - Meals (Wed- Fri)
 - DVD video of highlights from Harmony 1
 - Horse stabling
 - Harmony 1 Participant Certificate
 - Harmony 1 Ball cap
 - or T-Shirt
- Please check one*

- Harmony 1 Deluxe*** ***\$595.⁰⁰*** + 5% GST
- Activity and theory
 - Meals (Wed-Fri)
 - DVD video of highlights from Harmony 1
 - Horse stabling
 - Harmony 1 Participant Certificate
 - Harmony 1 Ball cap
 - or T-Shirt
- Please check one*
- Plus!*** *Treat yourself to one of the following:*
- Relaxing Massage (1 hour)
 - Energy Balancing Session

Payment is due as follows:

- ***\$150.⁰⁰*** down-payment upon registration
Down-payment is non-refundable, unless we can fill your spot
- Balance due by June 15, 2009

Please make checks payable to Horizon Equine Facility

Registration Form
Harmony with Horses Retreat
Harmony 1
June 24th – 26th, 2009

Name: _____
Address: _____
Phone #: _____

Emergency Contact # _____ 2nd: _____

Allergies? Y or N, if Yes _____

Diet restrictions? Y or N, if Yes _____

Prerequisite for Harmony 1 – rider must be able to bring a horse and have previous riding experience. Horse and rider must be comfortable to walk and trot on a loose rein in a group situation.

Riding experience/ level: _____

What interests you to participant in this retreat? _____

Will you be camping overnight? Y or N

Extra things to remember:

- Small notebook and pen to note your new ideas and concepts for quick review
- Riding boots & helmet (optional for riders 18+)
- Comfortable shoes and clothing that is in accordance with the 'predicted' weather
- Water bucket and hay for your horse

Other Notes:

This retreat will have a small participant enrollment to enable us to give each participant the greatest opportunity for success and personalized instruction, please book early to ensure you get on the path with us.

This is a full three-day event. Please arrive at Horizon Equine Facility on the evening of Tuesday, June 23rd or prior to 8am on Wednesday, June 24th. Participants are welcome to stay overnight on the last day of the retreat Friday June 26th and depart Saturday morning. Each day will begin at 9am.

Stallions are not permitted.

Harmony with Horses

DAY 1

- 9am Introduction and presentation of the retreat format
9:30am Saddle and mount up for riding – riders will be asked to perform certain maneuver i.e.: walk, trot, etc. This riding will be filmed as your 'starting point' and later reviewed.
11am Break
11:30 1) Ground and Theory work
- Body Language
- The Four Basics & Grounding
12:30 Lunch
2:00 2) Ground and Theory work
- Communication and how we develop better feel and softness
- Rider postures and centered riding
3:30 3) Riding with the Four Basics & Grounding
6:00 Dinner
7:00 Review and discuss the Day 1 video footage

DAY 2

- 9am Review of Day 1 concepts
Ride and work on areas of dis-connected harmony from Day 1 video
Learn to "ask" rather than demand
Exercises for developing trust and positive action
10:30 Break
11:00 3) Ground and Theory Work
- Rider strength and balance
12:00 Lunch
1:00 4) Ground and Theory Work
- Develop communication and connection
- Learn to 'be' and 'believe'
3:00 Horse Interaction activity
5:00 Centering session
6:00 Dinner
7:00 Social or nature walk

DAY 3

- 9am 5) Alternative Touch and Therapy
- Introduction to energetic forces and our power within
11:00 6) Listen to your horse while on his back.
'Let go' and trust, let your horse be the driver
12:00 Lunch
1:00 Put the whole package together and ride!
Day 3 filming
3:00 Review of concepts and video footage from Day 1 & Day 3
Compare and realize the changes!
6:00 Dinner

Schedule subject to change at anytime.

*'Be' and we realize we are guided and given the moments we are in,
the path is easy to follow...*