*The Basic Retreat and the Advanced Retreat can be offered as stand alone day Retreats or together as a weekend Retreat.*

**Basic Equine Assisted Mindfulness Day Retreat**

Schedule:

 - 9:00 AM - 9:15 AM: Welcome and Introduction
  - Brief overview of the day, housekeeping, and introductions.

- 9:15 AM - 10:00 AM: Mindfulness and Body Awareness
  - Activity: Gentle introduction to mindfulness. Icebreaker activity.
  - Body Scan Meditation: Focus on body awareness with equines.

- 10:00 AM - 10:30 AM: Movement Practice
  - Gentle yoga or movement session, incorporating breathing and posture.

- 10:30 AM - 11:00 AM:Discussion: Mindfulness in Nature
  - Overview of mindfulness principles and their application with horses.

- 11:00 AM - 12:00 PM: Equine Interaction and Mindfulness Practice
  - Activity: Practical session with horses, focusing on grounding techniques and body awareness.
  - Self-Enquiry: Group discussion on experiences and insights.

- 12:00 PM - 1:00 PM: Lunch Break
  Catered nourishing meal optional.

- 1:00 PM - 2:00 PM: Exploring the Senses and Polyvagal Theory
  - Activity: Sensory awareness exercises with horses.
  - Polyvagal Theory Discussion: Applying theory to human and equine interactions.

- 2:00 PM - 2:30 PM: Movement Practice
  - Gentle movement or yoga session focusing on relaxation and balance.

 - 2:30 PM - 3:30 PM: Mindfulness Meditation and Compassion Practice
  - Activity: Guided mindfulness meditation with equines.
  - Compassion Practice: Exercises to cultivate compassion for self and others.

- 3:30 PM - 4:00 PM: Reflection and Closing
  - Group discussion, reflections on the day, and closing remarks.

**Advanced Equine Assisted Mindfulness Day Retreat**

Schedule:

 - 9:00 AM - 9:15 AM: Welcome and Introduction
  - Brief overview of the day, housekeeping, and introductions.

 - 9:15 AM - 10:00 AM: Strength-Based Psychology and Mindfulness
  - Activity: Introduction to strength-based principles and identifying personal strengths.
  - Mindfulness Practice: Focus on embodying strengths with equines.

- 10:00 AM - 10:30 AM:Movement Practice
  - Gentle yoga or movement session, emphasizing strength and flexibility.

 - 10:30 AM - 11:00 AM: Positive Psychology and Gratitude
  - Discussion: Key concepts of positive psychology and the application with horses.
  - Activity: Gratitude practice with horses.

 - 11:00 AM - 12:00 PM: Equine Interaction and Nature Meditation
  - Activity: Mindfulness practice with equines, incorporating natural elements.
  - Nature-Based Meditation: Guided meditation focusing on nature and gratitude.

 - 12:00 PM - 1:00 PM: Lunch Break
  - Catered nourishing meal optional..

 - 1:00 PM - 2:00 PM: Exploring Compassion with Equines
  - Activity: Compassionate interaction with horses.
  - Discussion: Understanding and enhancing compassion for self and others.

- 2:00 PM - 2:30 PM: Mo event Practice to help find Flowstate with horses.

- 2:30 PM - 3:30 PM: Integration and Mindfulness Practice
  - Activity: Applying strength-based, positive psychology, and compassion principles in a mindful session with equines.
  - Enquiry Session: Group discussion and reflection on personal growth and insights.

- 3:30 PM - 4:00 PM: Reflection and Closing
  - Group discussion, reflections on the day, and closing remarks.

**[www.letsflomindfully.co.uk](http://www.letsflomindfully.co.uk)**

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