



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.

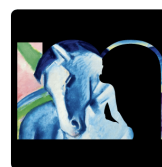
Advanced Equine Assisted Mindfulness Day Retreat

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: Movement 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.



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Equineflo
Assisted Mindfulness