

The Secrets of the Wild Horses

Reconnect to the Magic & Spirit of Mother Nature

An Eponaquest®
Introductory
Workshop
&
Holistic Eco-Retreat
on the
Caribbean Island of
St. Vincent



25th February
to
2nd March
2018

Hear the wild horses calling to you, accept their invitation to experience the restorative power of nature.

Join us in this unspoilt & idyllic paradise, away from the busyness of modern day life. Rest & re-charge, finding serenity in the moment and reconnect with the magic & spirit of Mother Nature.

Price including certification,
7 nights accommodation,
all meals & workshop
materials
\$1750

- Re-wild yourself & reclaim your sacred connection to Gaia, our living planet
- Learn the secrets of natural wisdom through heart-centred interaction with the horses
- Let the horses teach you new ways of relating & communicating
- Explore energetic boundaries, rediscover the cycles of nature & develop your emotional intelligence
- Hike through lush tropical rainforest & rejuvenate in crystal clear waterfalls
- Bathe with horses on tranquil & secluded beaches
- Find balance in yoga, meditation & mindfulness practice
- Feast on organically farmed fresh fruit and vegetables
- Celebrate the rhythm of life by drumming & dancing
- Learn how we hold responsibility for our own healing & that of our planet
- Explore your connection with Mother Earth with creative art practices
- Gain an introductory certification in the Eponaquest® model and the Medicine Horse Way programme of equine experiential learning



Photo credit: Pauline Mergel



Price: \$1750 for 6 day Eco-retreat and Eponaquest® Introductory Workshop

Includes: accommodation, meals, all activities & materials
and an introductory certification in Eponaquest® and Medicine Horse Way

Eponaquest® Introductory Workshop:

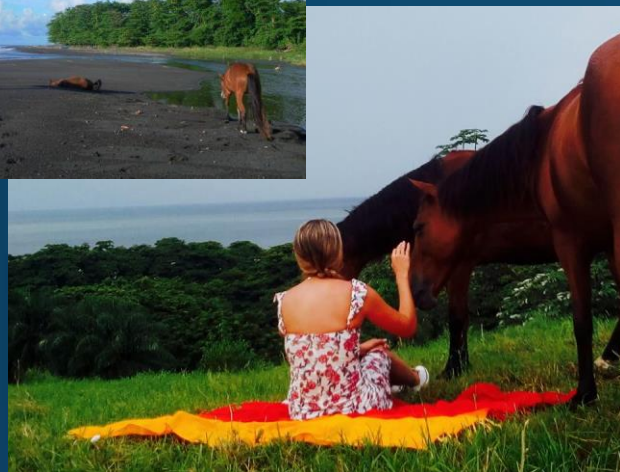
The introductory workshop is developed from the inspirational work of Linda Kohanov, renowned author of best-selling books including *The Tao of Equus* and *Riding between the Worlds*.

With the Wild Herd as your teachers you will rediscover their wisdom. This will enable you to reconnect with your authentic self, develop your emotional intelligence, enhance your relationships. You will have the opportunity to develop your intuition, explore energetic boundaries and expand your communication with horses & all living beings.

The workshop will introduce you to the basic philosophy and methods of the Eponaquest® Approach™ and the certification will qualify you to advanced study in the fields of Equine facilitated learning/psychotherapy within the Eponaquest® model. In addition this workshop also counts as an introductory workshop for The Medicine Horse Way programme.

www.eponaquest.com

www.medicinehorseway.com



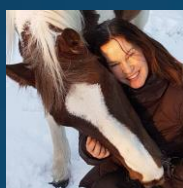
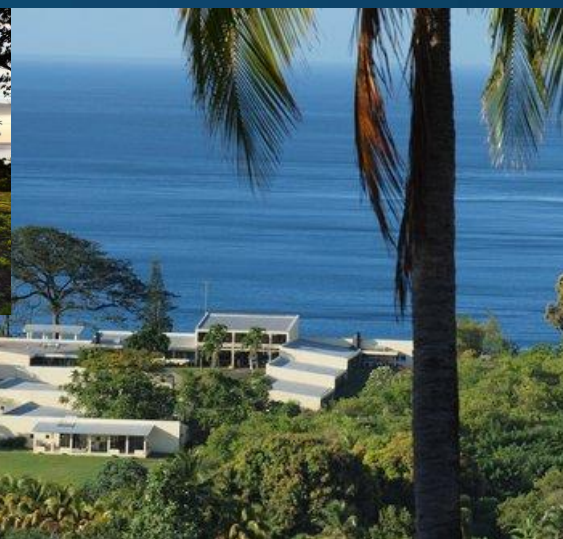
Accommodation

The Richmond Vale Nature and Diving centre is set in the picturesque and scenic volcanic island of St Vincent, in the Caribbean. This idyllic island is very much off the beaten track & filled with natural wonders including stunning beaches of black sand.

Perfect for this eco-retreat this environmentally sustainable accommodation provides all the basic essentials to enable you to reconnect to Nature. The food for all meals provided is sourced locally, with fruit and vegetables organically grown on site.

7 nights accommodation and all meals are included in the price.

www.richmondvalehiking.com



Human Facilitators:

Anita Ingebriktsvold, Health Coach, Eponaquest® Instructor & Yoga Teacher. Anita has studied extensively in many models of Horsemanship and brings her skills in connecting at a soul level & truly partnering with Horses. Anita brings experience in the Sami Shamanic tradition.



Dr Caroline Burrow, Clinical Psychologist & Eponaquest® Instructor. Caroline has experience of working with people & horses in the field of psychotherapy & personal development. She has an interest in Ecopsychology & the healing power of our connection with Nature. She brings experience of the Celtic Shamanic tradition.



Stina Herberg, Headmaster at Richmond Vale Academy & Horse trainer. Stina runs an environmental school & holistic riding centre. She is active in ecological agriculture & developing sustainable ways of living. Stina has developed an incredible relationship with a herd of wild horses, and is passionate about how we develop a respectful & responsible relationship with our planet.

No previous experience with horses is required.

All activities with horses take place on the ground, no horse riding is included.

The horses are a wild herd but are very experienced in working with humans.

This is an adult only retreat.

For further information or to book please contact:

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Norway: Anita Ingebriktsvold aingebriktsvold@gmail.com