
Living with horses in Greece – Other activities

Three day shepherd walk



Shepherd walks are a way to deepen your connection with nature, with horses and with yourself. From day to day there is a structural build-up of the content that leads to this deeper connection. In this programme we begin the first day with an introduction into the world of horses, a meditation, some exercises and a meeting with the horses. Then we choose the horse with whom you'll walk. We teach you what is necessary for you to walk with the horse in connection and trust.

After lunch on this first day we make a short walk. We walk as a herd of horses and humans, feeling the interconnectedness of all of us and the oneness with nature. During the walk there are breaks during which the horses graze and we enjoy nature in silence and meditation.



On day two and three we make longer walks preceded by a meditation and/or some exercises, whatever is necessary to feel the trust and connectedness in walking with the horses. On day two we have a picnic lunch somewhere outside in an olive grove, on day three we have lunch at the square in Argalasti (or, if you prefer to stay in the stillness, we can have another picnic lunch).

Minimum group size 3, maximum 6. We begin at 10.30 in the morning and we'll be back around 17.00 in the afternoon.

Costs: For the programme alone the costs are 115 euros per person for three days. This means you have to bring your own lunch. And of course water, 1,5 liter per person at the least, especially if it's warm. Bring a hat or a cap, and good walking shoes.

The countryside is hilly and the weather can be hot, so for this programme you need to have a good physical condition and be able to walk well.

It is not necessary to have prior experience with horses.



For more information please contact me at carolinepluvier@gmail.com

Walking in connection with horses



Have you always been attracted to horses but also felt a little scared of them? Have you wondered what it would be like to actually meet one? What makes them so special? Would you like to be part of a human-horse herd for the duration of a day? You might lead one of the horses yourself, or simply enjoy the company of free horses playing in the fields. In short, would you like to join us on a walk with the horses?



In this one day programme we introduce you into the world of horses and you will meet our wonderful family herd of six. You will learn what is necessary for a horse to feel safe with humans, we might do some simple exercises (breathing, grounding, how to lead a horse) and then after lunch off we go!

Minimum group size 2, maximum 6. Costs 45 euros per person. Bring your lunch, water, a hat or cap and good walking shoes. We start around 10.00 and we'll be back around 17.00 hrs.

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Meditation with horses



“Imagine you’re in a lush green field, under an olive tree. There are myriads of tiny flowers around you, birds singing in the trees, bumblebees buzzing by. You hear horses munching as they slowly pass your group...” This could be the beginning of a lovely guided meditation that you’re doing at home on youtube.

Now imagine you’re actually in that field with horses during your holidays in Pilon, doing a meditation. For that is what we offer.

For me meditation means sinking into my being, relaxing into my true nature which is awareness. In this one hour meditation there will be an introduction and a period of shared silence. The horses will be around us, sometimes close by, sometimes more at a distance. Their calmness and peace contribute to the atmosphere, and we feel the connectedness with them during the meditation.

After the meditation we will meet the horses. Bring water and something on which you can sit comfortably for an hour. Minimum group size 4, costs 12,50 euros per person. Larger groups 10 euros per person. It is not necessary to have prior experience with horses.

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If you take part in a retreat or activity you do so entirely at your own risk and neither our organisation nor the leader of the retreat or activity are in any way responsible for the safety of those taking part.