
*Living with horses in Greece –retreats for individuals
and pairs*



A retreat is a time to relax and enjoy and heal. To step out of our busy lives for a while, and immerse ourselves in a place of beauty, connectedness, and tranquillity. It is me time, just for the pleasure of it or because there is something that needs to be healed.

The environment of our small village offers many ways to enjoy relaxation like leisurely walks, beautiful quiet beaches, spectacular sunsets, and peaceful spots in nature where you can just sit and take in the lovely view. The horses contribute by just being there while we meditate, by accompanying us on walks, and also by assisting us during a coaching session or as a subject to draw or paint. We will spend time in silence, in the quietness of nature and as the peaceful stillness we essentially are.



During the retreat we explore different angles that help us relax into this stillness. These angles are: being with horses, focusing on the body and senses, walking in connection with horses, and stilling the mind. We meditate with the horses, share silent walks with them, we share our experiences and revel in the lightness and joy that these activities bring. Your

retreat experience can be tailored to your preferences, whether you would like to groom a horse, learn to walk with one, receive a coaching session, paint or sketch them, or simply sit with them under an olive tree while they graze. There will also be free time for journaling, walking, relaxing or swimming.



This year we designed retreats for individuals or pairs. The minimum duration is a three-day retreat, the maximum is a week. The program can largely be determined together with me. Fixed parts are meditations, meetings with the horses and daily sharing. As an example, a three-day retreat could look like this:

Day one: in the morning we'll introduce the retreat, a first meeting with the horses and a short meditation in their vicinity. Lunch and rest. Afternoon session with the horses, time for yourself. Dinner.

Day two: we begin with a sharing session and morning meditation with the horses. After lunch we will join the horses again, and either groom them, or make a walk with them, or do a coaching session – whatever feels right for you at that moment. Time for yourself and dinner.

Day three: after breakfast we'll have a sharing session and morning meditation with the horses. Lunch and rest. The afternoon program is flexible; either a walk with the horses or another meditation, or maybe you would like to go on a hike. Or you may prefer to spend

your last afternoon relaxing and enjoying a swim on the beach. We will say goodbye to the horses, conclude the three day-journey and share a final dinner together.

During your retreat I will be your host and guide. My reputation for authenticity, creativity, and integrity ensures that I'll be attuned to your needs and challenges. My goal is to share my experience with the horses, stillness, and connectedness, as we explore the questions or challenges you bring. A successful retreat for me is one where you return home feeling inspired, energized, more relaxed and joyful.



What will you take home with you?

- A stronger sense of connection with yourself and nature
- A deeper understanding of the world of horses
- The experience of being part of a horse-human herd
- The relaxation, joy and lightness that come from really having had time for yourself and giving that time the content that was necessary for you
- Cherished memories of the beautiful environment
- Tips and techniques on how to bring more relaxation and connection into your everyday life



For your overnight stays we offer studios or apartments. They are clean, comfortable, and close to the sea. They have their own bathroom and small kitchen area, and an outdoor seating space. Whether you prefer to prepare your meals yourself or eat out – we can accommodate your wishes and preferences. Contact me and together we will make a personalized program for your retreat.

I look forward to being your guide during your retreat. If you'd like to learn more about my background, you can find my CV at: www.livingwithhorsesingreece.earth/caroline.

Costs for a three-day retreat will range between 600-675 euros for three overnight stays, meals in a restaurant and the costs for our activities.



Your travel to come here and your drinks are not included. I can provide you with all the necessary information for your trip.

Experience with horses is not necessary.

Make sure you have a cancellation insurance and travel insurance.



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