
Living with horses in Greece – shepherd walks



Shepherd walks are a way to deepen our connection with nature, with horses and with ourselves. From day to day there is a structural build-up of the content that leads to this deeper connection. We work with meditations, exercises, and body awareness. We will explain the dynamics of a horse herd. One of the horses is your companion for the duration of the three days and we teach you what is necessary for you to walk with the horse safely in connection and trust. We walk as a herd of horses and humans, feeling the interconnectedness of all of us and the oneness with nature. During the walks there are breaks during which the horses graze and we enjoy nature in silence. It is also possible to join these days without leading a horse yourself.

Programme day-to-day:

- Day one: We begin this day with an introduction into the world of horses. How do horses survive in nature, how is a horse herd composed and what does this mean for us in interaction with them. We meet our herd of six and spend some time to tune into the horses and relax into their feel. We do a few exercises around how to be a safe leader for your horse and then practice walking with them within the area where they are.
- Day two: Today we will do some (easy body awareness) exercises to refine our contact with the horses. Once again, we take time to relax into the feel of the herd. We make a walk through olive groves, during which the horses graze and we accompany them on their search for food. We experience what it is like to walk in a herd of humans and horses. We will have a picnic lunch somewhere in an olive grove or on a beach.
- Day three: Today we make a longer walk. Usually on day three we really start feeling the interconnectedness and the shared energy flow in which we walk. We enjoy a picnic lunch among the grazing horses, and we end the day with an evaluation and saying goodbye to the horses.

The walks will be made with our herd of six horses. Minimum group size 3, maximum 6. We begin at 10.30 in the mornings, and we'll be back in Kalamos around 17.00.

The countryside is hilly, and the weather can be hot, so you need to have a good physical condition and be able to walk well. The walks can vary from a few kms to a maximum of 10 kms on the last day.

We organise these three-day shepherd walks at request on weekdays preferably from Mon-Wednesday or Wed-Friday.

Costs: For the programme alone, the costs are 115 euros per person. You will need to bring your own lunch and water. Bring a hat or cap, and good walking shoes.

It is not necessary to have prior experience with horses.

Make sure you have a cancellation insurance and travel insurance.



If you would like us to organize accommodation for you during the program, please let us know. There are some quaint, simple, and comfortable apartments in Kalamos and neighbouring villages where you can stay.

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