



TRUE HEART CONNECTION

Let horses guide you in exploring your relational path

6-day retreat in the South of France | 17-24 May 2019

Join us for a profound exploration of your relationship with yourself, others and all life around you! In our 6 day program, you will be guided by the horses in the research and unfolding of your unique relational path.

The more we are able to connect intimately with our truth, essence, and heart, the more we can create relationships that are deeply fulfilling and nourishing. Come home in the safety, belonging, depth and wisdom in yourself, and let the horse invite you to share this with the world.

In this week you will:

- Explore and celebrate your unique relational path and potential
- Be immersed in and guided to a deep connection with the horses
- Have your individual horse who will be your guide and friend for the week
- Learn and practice tools for living in and from your heart
- Create more body awareness for better understanding of the body's intelligence
- Practice transformational body movement
- Be in deep sharing and exploration with a small group of like-hearted people
- Drop into your essence and allow this to come forth into the world
- Learn about the spirit of the horse and the herd, both on a practical and a mythical level
- Be introduced to, and grounded in, a way of being and communicating with horses that is based on true building of relationship and trust.

PROGRAM

Connecting with horses inevitably will allow you to make contact with your heart in the deepest way.



This process will reveal an incredible landscape of beauty, desires, hopes, fears, wounds, and potential that you carry. Horses will invite you into embodiment of your truth. You will be deeply immersed in the research of what it means to be in touch with your authentic self and to express this.

The week starts with finding your personal horse that will be your guide, teacher and friend for the week. We work with the horses from a deep understanding of their social way of living as herd animals. You will learn to build a relationship that is based on trust, respect, and equality. We will instruct you in the contact with the horses, and hold the space for transformation and unfolding of your unique path in this contact.

Besides connecting with the horses we will offer individual and group exercises to explore, feel, and express what is alive in you in the topic of relating to yourself, others and life. We will engage in practices that are profoundly healing and transformation to the body and gently invite you to create awareness and understanding of the intelligence of the body. We will also create spaces for you to be seen, heard and supported in your development.

The daily schedule roughly consists of a wake up for Body and Mind before breakfast, a three hour morning session, a lunch break, and a three hour afternoon session. There will be enough time for meals and rest, and we always invite you to listen to what your body needs in terms of activity and rest. Some evenings will also have a group session, a fire or music.

This week is open for you wherever you are in your experience and connection with horses. We will guide you at the level that you' re at.

Welcome to this path together!



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LOCATION, ACCOMMODATION AND HORSES

This retreat is taking place in St-Ybars in Southern France, about an hour south of Toulouse at the foothills of the Pyrenees. This region is known as the mystical land of the spiritual and rebellious Cathars, and carries the energy of this legacy.

Our accommodation is a beautiful renovated wine farm, located on a 50-acre property that is inhabited by a herd of over 50 horses. Most of the horses are Merens horses; the original local breed of mountain horses that are known for their good character.

The farm has a swimming pool, a hot tub, a big swing and a mind blowing view of the Pyrenees.

We have a private chef who provides us with daily fresh, local and mostly organic meals.



FACILITATORS

Marie Winter; founder, trainer and coach at Iokai, Institute for Evolutionary Intimacy www.iokai.org

Judith Pijnenburg; founder and teacher at [EQUITOPIA, paard en mens in vrijheid](http://EQUITOPIA,paard_en_mens_in_vrijheid)

Judith Pijnenburg

I am connected with horses since my 6th birthday. The last ten years I have more deeply explored how to connect with them in a more equal and horse natural way from mutual trust, openness and joy. Being and cooperating with them in my horsemanship, teaches me a lot about relating and connecting and everything that presents itself in that for humans and horses. My own horses are my greatest teachers and mirrors on my own relational path. But also my own personal life experiences and developments, nature and Body Awareness (which to me is a combination of Yoga, Chi Kung, dancing, meditation and singing) are important inspirational sources to me. My wish is to share my experiences, discoveries and wisdom for horses and humans to grow.



READ MORE IN PART II...

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