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Schedule Yoga & Horsemanship Retreat



• Sunday

17.00 -18.30

Welcome ceremony and evening yoga class (60 mins). Settling in. Arriving on your yoga mat and settling into the practice. In this grounding sequence, we will prepare for the transformative days ahead, closing with some restorative poses for a good night's rest!

19.00

Dinner with a glass of wine

• Monday

8.00 -9.00

Morning Yoga class. Opening Up - This class will focus on heart opening poses, increasing awareness of body language and releasing any blocked emotions or anxieties to support a healthy, open heart

9.00

Breakfast

11.00-13.00

Meet the horses. Connect with horses and yourself in the herd

14.00

Lunch

15.00-17.00

Natural horsemanship session 1

17.30-18.30

Evening yoga class. Restorative/Yin sequence, pranayama (breathwork) and meditation

19.00

Dinner

• Tuesday

8.00-9.00

Morning Yoga class. Striking a Balance - A gentle vinyasa flow class which includes a series of balancing poses, requiring us to strike a balance between strength and softness, and cultivating concentration

9.00

Breakfast

11.00-13.00

Natural Horsemanship Session 2

14.00

Lunch

15.00-17.00

Nature Walk. Edible plants, ecology of the land, mindfulness

17.30-18.30

Evening yoga class. Restorative/Yin sequence, pranayama (breathwork) and meditation

19.00

Dinner

21.00-22.00

Evening bat walk (optional)

• **Wednesday**

7.30-8.30

Morning Yoga class. Meditation with the horses (weather permitting)! An early morning meditation, taking in the peace and beauty of the Slieve Aughty countryside while the horses graze around us

9.00

Breakfast

11.00-13.00

Vaulting and Bareback riding – trust in each other and our horses

14.00

Lunch

15.00-17.00

1.5 hours of trail riding or one riding lesson

17.30-18.30

Evening yoga class. A light-hearted class, which will include partner yoga to develop trust in others, and in so doing, fostering deeper trust in ourselves

19.00

Dinner

21.00-22.00

Soak in the outdoor hot tub (optional)

• **Thursday**

8.00-9.00

Morning Yoga class. A gentle vinyasa flow class, which will incorporate, twists to nourish the inner organs and challenge our perspectives

9.00

Breakfast

11.00-13.00

Yoga on horseback

14.00

Lunch

15.00-17.00

Free time. Optional hot yoga class offered, or feel free to relax, book some horse riding, go for a walk, or hang out with the new friends you have made.

17.30-18.30

Evening Yoga class. Going Deeper - In this class, we will really slow it down, focusing on hip- and shoulder opening poses and discovering deep stretches in anourishing Yin sequence followed by a guided meditation

• **Friday**

8.00 -9.00

Morning Yoga class. Coming Full Circle – a mandala yoga sequence to incorporate what we have been working on in the previous days; observing, opening, balancing, trusting and accepting.

9.00

Light Breakfast

10.00-13.00

Bareback Forest Ride with a picnic (weather permitting). Closing circle

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