



SOCIAL INTELLIGENCE & THE HORSE CONNECTION

EQUINE RETREAT

AN IMMERSIVE JOURNEY OF PERSONAL DISCOVERY
WITH EQUINE, HUMAN AND NATURE GUIDES

SEPTEMBER 12-15, 2024
ADULT ACADEMY@BRYN ATHYN COLLEGE
BRYN ATHYN, PA

HORSES YOGA* MEDITATION* NATURE WALKS* FRESH LOCAL FOOD*



let the horses lead you

HORSE/HUMAN CONNECTION

Learn the art of social intelligence with the help of horses. Randa Schnarr, professional equestrian with over 40 years' experience guides participants to explore the intricate dynamics of communication, connection and personal growth through hands-on interactions with the most majestic of animals – horses!

Reflective guided writing with author Chandra Hoffman, meditation, sound bath, nature walks, yoga and fresh, seasonal meals in your cottage accommodations round out this restorative, connective and inspiring weekend retreat.

FOR MORE INFORMATION OR TO REGISTER, VISIT
WWW.BRYNATHYN.EDU/ADULTACADEMY
FOR INSTRUCTOR INFO:
FORWARDSTRIDEEQUINECOACHING.COM

\$875 all inclusive
limit 7

\$275 audit
limit 5



How does it work?

Horses are masters at deciphering body language and human authenticity. They will give unfiltered feedback about what you present in your energy and nonverbal communication, identifying who you are as both a person and a partner. Through intuitive coaching with Randa and affirmation from your equine partner, you will learn to harness your positive power, esteem, relationship and communication skills. Guided writing sessions inspire introspection and analysis of what may be holding you back and clarity for the path forward. Animal interaction, meditation, sound bath, yoga and communal walks in nature support a life lived in the now and a step outside your comfort zone toward your authentic self.

NOTE: No horse experience is required for this retreat. This is not a 'horseback riding vacation' but rather an equine experience to help ground participants in the present, develop strong personal relationships and boundaries, ultimately leading you to be the truest version of yourself.

EQUINE RETREAT AGENDA

Thursday, Sept 12

4-6 pm Guests check in at cottages, refreshments
6-7 pm Dinner
7-9pm Meet your guides, orientation and goal setting

Friday, Sept 13

7-8am Yoga (optional)
8-9am Breakfast
9:30-11:45am Horse Session 1
12-1pm Lunch
1-1:30 pm Writing Session
1:45-3:45pm Horse Session 2
6-7pm Dinner
7-8pm Sunset walk North Campus fields (optional)
8:15-9:15pm sound bath, saltwater pool, meditation session

Saturday, Sept 14

7-8am Pennypack Nature Preserve walk (optional)
8-9am Breakfast
9:30-11:45am Horse Session 3
12-1 pm Lunch
1-1:30pm Writing Session
1:45-3:45pm Horse Session 4
6-7pm Dinner
8-9pm Relaxation yoga (optional)

Sunday, Sept 15

7-8am Walk and morning writing pages
8-9am Breakfast
9:30-11:45am Horse Session 5
12-1pm Lunch
2-3pm Closing session in cottages
4 pm checkout

