

# Equisential Retreat 2025

## Information Booklet





# EQUISENTIAL RETREAT

2025

Join us for an immersive and healing experience for you & your horse in the breathtaking Devon countryside.

Where you will ride across Exmoor hills, and rest & reset with mindful movement, meditation and mindset coaching. Be fully supported to look inwards and grow your relationship with yourself and your horse, and experience the transformational combination of connecting with your equine, mindset work & spirituality.

Stay in a elegant and cosy 18th century Devon farmhouse, with 400 acres of countryside to explore with your horse. Enjoy a delicious home cooked breakfast every morning, and close the day with a heartwarming home cooked dinner and share a space with a group of fabulous like minded people.

Welcome package & daily wellness packages.

The retreat is the perfect opportunity to grow, reconnect and have a magical experience and time with your horse.

We so hope you can make it.

Love,

*Tracey Duncan & Cat Roy-Stanley*





*DATES*  
2025

22nd-27th September 2025



# DETAILS

2025

This **one of a kind retreat** is designed to help you spend quality time with yourself and your horse, in a beautiful location and supportive environment.

## *What's included*

- Rest & reset with mindful movement each morning.
- Staying in Devonshire farmhouse with a group of likeminded people.
- Hearty home cooked breakfast every morning.
- Tasty home cooked meal each evening to close the day with.
- A welcome package to set you up for your week.
- A daily wellness bag with thoughtful, hand chosen gifts to bring an intention to your day.
- Support & guidance (please note this is NOT a hacking confidence or problem solving course)
- Riding as a group across the breathtaking Exmoor hills.
- Hacking around the stunning 400 acre property.
- Expansive 'horseless workshops' where you will explore mindset, relationships and spirituality.

## *Practical arrangements*

- Your horse will have 24 hour grazing in their own paddock on site
- Trailer parking available on site
- Fridge available



# ROUGH RETREAT SCHEDULE

## **DAY 1 - half day**

Arrive and settle in  
Welcoming ceremony  
Enjoy a home cooked meal as a group.

## **DAY 2 -**

Mindful Movement / yoga (optional)  
Enjoy a home cooked breakfast  
Silent horse guided meditation  
Hack as a group around beautiful  
400 acre estate  
Round out the day with a home cooked  
dinner as a group.

## **DAY 3 -**

Mindful Movement / yoga (optional)  
Enjoy a home cooked breakfast  
Travel and ride on the beach\*  
Chance to rest & refresh  
Horseless workshop  
Round out the day with a home cooked dinner as a group.

*\*Beach & exmoor rides weather dependent*

## **DAY 4 -**

Mindful Movement / yoga (optional)  
Enjoy a home cooked breakfast  
A beautiful blend of going for a ride and a horseless expansive workshop\*  
Round out the day with a home cooked dinner as a group.

*\*The order of this may change due to weather*

## **DAY 5 -**

Mindful Movement / yoga (optional)  
Enjoy a home cooked breakfast  
Ride on the Exmoor hills  
Round out the day with a home cooked dinner as a group.

## **DAY 6 -**

Leaving ceremony  
Enjoy a home cooked breakfast  
Pack up and travel back.

*\*'horseless workshops'*

*These are sessions away from your horse  
that focus on helping you grow, feel  
empowered, and show up for your horse  
in a more connected way that comes  
from within.*

# INVESTMENT



£1780

*This price reflects having an upgraded room with an en suite*

£1730

*This price reflects having a normal room with a separate bathroom*

*On each retreat there is..*

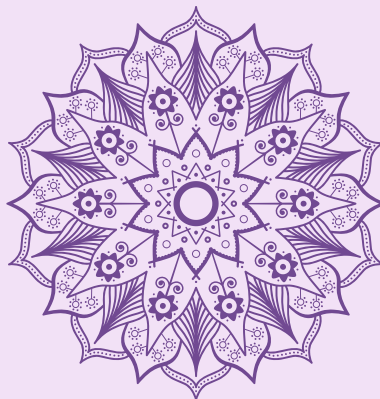
3 x Ensuite

3 x Normal room

£350 deposit (non-refundable)

*Please contact Tracey BEFORE sending deposits!*

A payment plan is available for the  
remaining balance.



# GETTING THE MOST OUT OF THE RETREAT

We want you to have a magical and memorable experience with your horse.

So to get the most out of the retreat, you and your horse must be...

- *Confident with trailer loading & travelling*
- *Comfortable & confident riding in groups*
- *Comfortable & confident riding in open spaces and in different environments*
- *Comfortable cantering in open spaces, in a group*

\*This is just to help us know where you are at, as this is not a horsemanship or hacking confidence course but a space to enjoy a restorative experience with your horse.

Please fill in the google form, and then we will contact you directly!

We can't wait to welcome you!



