

## Natural Horsemanship & Yoga Retreat

We are thrilled to be offering this unique and special time for your wellbeing at our hidden mountain farm in the heart of the tropical paradise Costa Rica. Surround yourself with the vibrant colors and sounds of the jungle, practice daily yoga, connect with an equine partner, eat fresh made healthy vegetarian meals, dive in the healing waters and take some time just for yourself. We have put a lot of love and thought in creating the perfect retreat for you so that you can just take a time off, letting it flow and focus on your inner balance and strength.

Horses are awesome teacher of awareness, a clear mind and making clear decisions. In the meantime their gentle being and never judging attitude will give us room to explore and try. They are always right in the moment with us and don't think about the past. In Yoga we can find balance mentally and physically. The perfect combination.

Besides the daily yoga and natural horsemanship classes we will take you on carefully selected activities to give you even more space to connect with yourself as well as relax and see the beautiful remote area Finca Soley is settled in.



# retreat includes

- 7 days/ 6 nights
- airport transfers
- fresh made meals
- natural horsemanship
- yoga & meditations
- trail ride and hike
- hot springs and tours

[www.FincaSoley.com](http://www.FincaSoley.com) Costa Rica



## Natural Horsemanship & Yoga Retreat

### Available dates for 2023 are:

April 1<sup>st</sup> – 7<sup>th</sup>

July 2<sup>nd</sup> – 8<sup>th</sup>

November 19<sup>th</sup> – 25<sup>th</sup>

You can book extra nights in case you like to arrive earlier or leave later.

If you are a group between 3 and 8 people we can offer you a personal retreat date.





# Natural Horsemanship & Yoga Retreat

## Retreat Schedule

Day/ Time	Activity	Details
<b><u>Day 1</u></b>		
3pm	Farm Tour	We take you on a walk through our tropical mountain farm and you will learn about eatable and medicinal plants we grow here.
4.30pm	Tea Circle	Pick a leave from our medicinal garden to prepare your herbal tea. We will sit together to meet and set goals, discuss wishes for the retreat.
5:30 pm	Yoga	
6:30 pm	Dinner	
<b><u>Day 2</u></b>		
6:30 am	Yoga Class	
8 am	breakfast	
9 am	Theory Lesson	What is Natural Horsemanship?
10 am	Natural Horsemanship Lesson	Ground Work: All students will be paired up with a horse/pony and we learn the basic principles on how to communicate with our horses using body language
12 am	lunch	
3 pm	Awareness Trail Ride	We ride out, practicing presence with our horses and discover the stunning views of the area.
5 pm	Yoga/Meditation	
6:30	Dinner	

## Day 3

6:30 am	Yoga Class	
8 am	breakfast	
9 am	Natural Horsemanship Lesson	Ground Work: Learn how to move your horse using body language and energy
11 am	Theory Lesson	Learn about the different characters of the horses and how to adjust your leadership strategies
12 am	lunch	
1 pm	Orosi Hot Springs	We take a ride down passing the beautiful lake of Cachi to the volcanic thermal springs of Orosi. The installations also host a coffeetour included. Optional you can book a massage here.
6 pm	dinner	
	Live Music Meditation	

## Day 4

6:30 am	Yoga Class	
8 am	breakfast	
9 am	Natural Horsemanship Lesson	Riding Lesson: Riding with one rope. Mounting with mounting block, move your horse using energy and body language from the saddle
12 am	lunch	
2 pm	Walking Meditation with your horse	We hike out together with our horse finding rhythm and peace in stillness.
6 pm	dinner	
	Fire Ceremony	

<b><u>Day 5</u></b>		
6:30 am	Yoga Class	
8 am	breakfast	
9 am	Waterfall Tour	We will take a 10 mins car ride to arrive to a stunning chain of waterfalls in the purest jungle where we can climb, swim, jump and play with the water and just be.
12 am	lunch	
2 pm	Natural Horsemanship Lesson	Riding Lesson: Balanced seat, smooth transitions with seat aids
5 pm	Yoga	
6:30 pm	Dinner	
<b><u>Day 6</u></b>		
6:30 am	Yoga Class	
8 am	breakfast	
9 am	Natural Horsemanship Lesson	Ground work: Liberty one on one lesson
11 am	Theory Lesson	Understanding and using of different trainings tools and methods
12 am	lunch	
2 pm	Natural Horsemanship Lesson	Riding: stick riding
5 pm	Yoga	
6:30 pm	Dinner	
<b><u>Day 7</u></b>		
6:30 am	Yoga Class	
8 am	breakfast	
9 am	Summary - closing	
11 am	Finish	



**retreat prices**

- shared room: 2100 US
- private room: 2700 US
- small group size (8)
- few spots left

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## Accommodations

### Casa Perla

Casa Perla counts with 2 bedrooms, 2 porches, 1 bathroom with shower and an open kitchen living area. It has hot water and you have access to a washing machine.

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Sustainable building: The toilet flush uses rain water, the porch is made with bamboo and some walls contain recycled glass bottles. Casa Perla has loads of nice and bright windows with hummingbirds and butterflies around it. All windows are screened. One bedroom has a king size bed the other bedroom one has a built in loft and accommodates four single beds comfortably and with great privacy.



### Casa India

Casa India is an octagon building with 3 bedrooms and 3 bathrooms. Each room has an individual entrance. 2 bedrooms





## Natural Horsemanship & Yoga Retreat

have a built in loft to provide extra space and privacy, sharing one of the rooms with a loft is a great semi private option and you will feel very comfortable here. All showers have hot water. There is a washing machine that can be used. Casa India has a big kitchen living area to be shared by the 3 rooms. Here you find our horse library and DVD area.





## The Retreat Guides:

### The horses

The Finca Soley horses live a freely live in a big pasture within their herd. They have access to a sheltered place and receive daily grooming, health care, hay and training for their mental and physical wellbeing. Our horses wellbeing is on first place for us so that they are happy and their for your to guide you through your time with us. Our herd counts of horses of all ages and sizes. In some cases you might have one horse/pony for the groundwork and one for riding as not all can be ridding but still want to be involved and teach your how to horse(wo)man.

Check out our website to meet our horses: [www.FincaSoley.com](http://www.FincaSoley.com)



## The humans

**Isa your horsemanship instructor:** Isa has been horse crazy since she could express herself. She donated her life to horses and the study of natural horsemanship & classical horsemanship. After traveling from herd to herd for 5 year in her 20s she arrived in Costa Rica to have her own herd and live her dream of a sustainable horse farm. She has been teaching Natural Horsemanship & Classical Horsemanship for many years and is passionate on showing her students a way on how to come closer to their horse, gaining a better understanding, learning how to speak with body language and improving their riding. She teaches in English, German & Spanish.



Next to her passion for horses she has planned together with Milton the buildings you find at Finca Soley. She is all about ecological and nature close community life, loves yoga, healthy food and cooking and is overall a passionate mom and wife.

**Milton your local guide:** Milton grew up in the jungle of Nicaragua. He has a great knowledge of the plants, animals and nature in Central America. He finds the sloth and explains you what this plant can be used for. Other than that he has built of Finca Soley's structures and houses.



## Yoga teacher, mediation guide and ceremony leader

Hatha yoga classes are held in vinyasa style, including kriyas, mantra and breath work.

You will immerse yourself in the practice of asana, to round up your experience and hold space for personal physical and spiritual work. Classes include intention setting, working in understanding spiritual connection and learning about pranayama (breath work).

We work together with professional yoga teacher. Between the retreats the teacher may variate. Here are some of the guides:



### Steven

"I am a Yoga instructor, a Thai Massage therapist and a passionate dancer and agroecologist. Over the years, I have developed a growing interest in multiple styles of yoga, meditation and different movement practices like dance, acroyoga and contact improvisation which has deeply transformed the way I move and the way I teach. I have a strong motivation towards my own consistent personal practice to keep exploring, learning and sharing. I have always been open to different philosophies and teachers, which keeps being a source of inspiration to expand my perspectives. I focus on developing physical, mental and emotional agility through movement, breath and meditation techniques. My purpose is to awaken and maintain our resilient, sensitive and intuitive nature and to live our lives aligned with who we truly are exploring the potential of our unique creative energy."



### Analía

"Hi, my name is Analía, I am a yoga teacher since 2014. I am passionate about the internal work, self-knowledge and the use of the body as a tool to discover and heal oneself. Because of that I have been studied yoga, astrology, reiki and psychology."

My classes search for a space to observe, feel and contemplate our existence to look for patterns that manage our lives, and to identify those that doesn't make us good. We experience that paying attention to our body; the ways we can move it and the feelings and thoughts this provoke.

I love vinyasa, so, my yoga classes are usually fluid but with and emphasize in biomechanics and in the ways we sculpt the postures from within. However, I have some studies in ashtanga yoga, hatha yoga and devaya yoga (the yoga of colors and chakras). I believe in the practice of yoga beyond the postures. I think that the key is in breathing and in the full attention that we cultivate during the movement.

I hope we can meet soon and share this powerful practice."





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## Prices

Retreat Price: 2100\$ US

Semi Private: 2350\$ US

Couple: 4100\$ US

Private Room: 2700\$ US

Extra Nights without program or meals:

Shared Room: 35\$

Semi Private Room: 50\$

Private Room: 65\$

**Please feel free to ask us all you questions and contact us via:**

EMAIL: [FincaSoley@gmail.com](mailto:FincaSoley@gmail.com)

Whatsapp: 00506 83694339



## Packing List:

Please try to bring as less as possible plastic packaging and make sure all your care products are made of natural ingredients as we are an ecological farm.

- Riding pants
- Yoga clothes (looking for the perfect yoga wear? Check out [www.Budevi.com](http://www.Budevi.com) and receive your handmade in Germany yoga wear with a special discount for our guests. Discount code: FincaSoley23 )
- Comfortable clothes for the evenings (It can get cold)
- A pretty dress/ clothes for the ceremony, dinners
- Clothes for trips
- Closed shoes for riding
- Sneakers or hiking boots for hiking
- Flip Flops, Sandals or something similar
- Light long-sleeve shirts to protect against sun and insects
- Cap or sunhat
- Riding helmet (We have plenty on the farm too)
- Swimsuit
- Sunscreen and repellent (please use organic ones)
- Flash light
- Water bottle with carabiner
- Toiletries (shampoo bar & soap bar, organic and bio gradable products as our water maintains in our gardens we cannot use silicone or plastic in our soaps, we also recommend you the moon cup instead of commercial tampons for your trip)
- Small backpack
- Booklet and pen to make notes (For Theory lessons and personal writings)
- Maybe bum bag
- Your personal first aid kit (Plaster, ointment, charcoal tablets, etc.)
- Our number: 00506 83694339 (=



## Natural Horsemanship & Yoga Retreat

- We don't have wifi, we can give a limited hotspot on demand. You can also purchase a phone card here to use on your phone so you have more access, therefore make sure you have a phone where you can add a SIM card in

**Arrival info:** Book your flight to Costa Rica “Juan Santamaria Airport”, international airport San Jose. We can also pick you up in San Jose center or somewhere else in the country (you will be charged the difference in the price if it is further away).

At the airport check for the “Finca Soley” sign.