

The NATURAL EQUESTRIAN CENTRE

Where Dartmoor meets the Wild West

NEWSLETTER Christmas 2010



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introducing Western-style Trail Riding



OUR FIRST LOVE is Trail Riding, out on the range with the wind blowing in your hair (metaphorically as you have to wear a stupid riding helmet in this country), where you can experience the beauty and healing energy of nature combined with harmony with your horse.

There are many moments of grace when all comes together—the weather us and the horses on the moor or at the beach. These are the defining moments of our lives and this is why we want to share them with you.

Therefore in 2011, we are offering Western-style trail riding at the Centre for the first time. Trail riding is not trekking. The horses are individuals that don't follow nose to tail and aren't ground down with taking people who don't love them or ride them well out.

This has been a dream for a long time that's had every limitation possible applied to it—the short season, the work and cost of keeping horses through the winter, keeping their feet good enough to be ridden barefoot all summer, the flies, rain, objections, fears, insurance, responsibilities of taking people out etc, etc.



But a dream must finally become reality or it will fade away and it is NOW or NEVER, so it is Now. As my Spiritual teacher Yogi Bhajan said, as one of the five principles of the Aquarian Age:

"When the time is upon you start and the pressure will be off."

So let's get off the ground metaphorically and literally. We look forward to welcoming you to ride with us. From next Spring, we will offer Natural Equestrian riding lessons, as well as Communication and Ground Work in the round pen on an hourly basis.



Trail rides for experienced riders will be available for two hours, half-days or whole day rides with either a picnic or pub lunch, depending on route.

There may also be opportunity to do rides over two or three days covering larger trails and

staying overnight at horse-friendly B&B's or inns en route. Then you can come back to the Centre and warm up with a hot drink by the log stove in our tack room. All rides are led by experienced trail ride leaders through lovely countryside. Where possible the horses are barefoot as this makes them sure-footed and less likely to slip than shod horses.

holidays, activities, yoga & massage

Guest Horses



greeting the guests

WE ALSO OFFER short holidays and retreats for a peaceful break in idyllic surroundings with or without your own horse.

Last year we played host to some lovely guests, who arrived with their own horses whom we

escorted on the trails, and we are looking forward to offering the same option again this year.

Yoga & Horses

LAST BUT NOT LEAST there is Yoga and Massage available for your complete Health and Well-being. The Natural Equestrian Centre offers Kundalini Yoga sessions and Hawaiian and Polynesian massage for your complete relaxation and health. This takes two forms...

- a **Yoga & Horses Healing Day**—half-day of Kundalini Yoga followed by delicious vegan lunch and a further half-day of horsemanship or riding.

This may extend in 2011 to a whole weekend of Yoga & Horses, during which you will be allocated a horse with whom you will meditate and communicate over the weekend. Your horse becomes your teacher and will help you overcome subconscious worries and fears, as well as any fear of horses you might have.

- or why not try a **Pamper Day** for your complete experience of all that is good in life. Come to the Centre for a day of personal healing that is tailored to your needs and will include a yoga session, a massage, a delicious organic, vegan lunch and quality time with the horses.

To sum up, 2011 will be a dynamic year of growth for the Natural Equestrian Centre based on prayer, meditation and healing.

Contact us for details of any activities, including:

Natural Equestrian Lessons (hour)

Natural Equestrian Clinics (a day)

Clinics in Natural Equestrian and Barefoot

Bring your own Horse on Holiday, Guided Trail Rides

Short (2 hours) and longer (day) Trail Rides and Trail Riding Holidays, on our Horses

Yoga and Horses days, weekends (Kundalini Yoga and Natural Equestrian)

Pamper Days (Kundalini Yoga, Hawaiian Massage and Natural Equestrian Session / Ride)

Kundalini Yoga Healing Workshops

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Seasons's Greetings and we hope to see you in 2011!

Love, Ruth, Shereon and the Horses