

WELLNESS RETREATS



CARLISLE ACADEMY
at Spring Creek Farm
RETREAT CENTER



Carlisle Academy Integrative Equine Therapy & Sports operates out of Spring Creek Farm in Lyman, Maine. The farm is located on 150 acres of lush, rolling fields, secluded woods and trails, offering a peaceful and dynamic natural environment each season of the year.

Respite, Resilience & Renewal

Our Wellness Retreats are unmounted, equine-facilitated wellness programs using the tranquility of the living-farm environment for respite and renewal. These half-day retreats will help participants gather their thoughts, make space to relax, and take positive steps for themselves in the structure of a supportive group, led by nationally trained, credentialed facilitators in this modality.

Retreat activities can include:

- Ground-based activities, including unmounted work in the round pen, leading exercises, herd observation and grooming. Focus on being present and mindful of the contact and sensory communication with the horse.
- Unstructured time in nature for reflection, meditation and trail walks. Observe wild turkey, deer, nesting birds and hawks, or sit with sheep grazing in the pasture.
- Yoga focused on stretching, core strength and stress reduction.
- Facilitated group debrief time.

HALF DAY RETREAT

Timeframe: 9am-1pm or 12-4pm

Cost: \$2500 per agency for up to 10 people

Includes a Panera boxed lunch.

Retreat packages can be customized for smaller or larger groups and for shorter or longer durations.

NO HORSE EXPERIENCE REQUIRED

All workshops focus on the human/horse interaction and not on acquiring or practicing horsemanship skills. There is no horseback riding in the workshops. All activities are conducted on the ground.

Please contact us at **207-985-0374** or **info@carlisleacademymaine.com** and let *our team* customize a retreat experience for *your team*.

www.carlisleacademymaine.com

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