

# Retreat & Conquer

*Where wild horses bring revelation and renewal*





FOR OVER 20 YEARS, OUR GROUND-breaking equine work has helped thousands of people to overcome their challenges and lead more fulfilling lives. In some of the world's most awe-inspiring places, our horses do what comes so naturally to them – they take us where we want to go, faster.

SPANNING FIVE DAYS AND FOUR nights, specialist therapists lead a unique and proven programme of change, in the powerful presence of our wild horses.

Come and join our next retreat...

“Connecting with horses uncovers something deep inside ourselves — something that might take many years of talking therapy to unlock. They hold a mirror up and show us what is really going on.”

*Professor Andreas Liefoghe, Founder*

“I have achieved more in five days than in several years of therapy.”

*Cameron, retreat guest, November 2022*





# OUR DAILY PROGRAMME

## DAY ONE – A BEGINNING

Our first task is to create the solid ground upon which our exploration can begin. It is the start of our journey, a moment for you to establish your own ways to keep yourself safe and productive, as well as open and accountable.

## DAY TWO – UNDERSTANDING CONNECTIONS

Today your relationship with your horse begins. As you wordlessly choose each other and bond, your horse will see you, they will feel your energy. They will respond to your signals without opinion and without judgement. In turn, you will feel their strength, their security, and their power to move you.

## DAY THREE – RECONNECTING WITH EACH OTHER AND WITH YOURSELF

Your relationship to your horse, and to the group, will now be deepening. Each interaction brings

familiarity and understanding, but also new challenges. These challenges may create petty conflicts, or deep tensions, with the steady gaze of your horse compelling you to examine your responses.

## DAY FOUR – CREATING MOVEMENT

Today you will move from feeling stuck, to a sense of flow. As a herd, you will move past the conflicts towards collaboration, letting go of control and accepting unpredictability. As you let go of past anxieties, losses, and preoccupations, you discover new pathways and new motivations.

## DAY FIVE – SETTING DIRECTION

We are now resolved to find a purposeful path that will bring fulfilment, as well as resilience and joy. With this comes a sense of freedom in the choices before you. You are no longer burdened by the restraints of the past.







#### A NEW WAY OF LIFE

Our programme is built for long-term change. After our last session, we focus on integrating ourselves with our experience. We explore the conflicting emotions such as relief, sadness, and the sense of possibility that may arise as the programme closes. We will name the struggles we want to leave behind, and fill that space with fresh ambitions.

‘I could see a future I felt positive and happy about. I felt calmer and more at peace than I had at any time since life, as I’d known it, had imploded.’

*Alison James, The Silver Magazine, May 2023*

“A once-in-a lifetime trip that pushed me out of my current highly uncomfortable comfort zone. And enabled me to start seeing the world in glorious, positive technicolour again.”

*Alison James, The Silver Magazine  
May 2023*





“My therapy group first encountered the herd running wild and free along Nihiwatu from a hill overlooking the beach. It’s a powerful sight, bringing tears to the eyes of some and drawing gasps of awe from others.”

*Lauren Jarvis, Spear’s Magazine, March 2023*



“I’d had some therapy and found it to be a long, drawn-out process. I needed a stark reboot – a kind of caring and nurturing short, sharp, shock treatment.”

*Alison James, The Silver Magazine, May 2023*



“The therapy is helping me trust myself more.”

*Kate Chapple, HTSI, Financial Times, January 2023*

“Never have I felt so free.”

*Kerry Van Der Jagt, Mindfood, May 2023*

“The horses are there to unlock something that traditional talking therapy has been unable to dislodge.”

*Alice Temperley, The Times, April 2023*

*World-leading experts, with you all the way*

**Professor Andreas Liefoghe.** A life-long horseman, and a professor of psychology and psychotherapy, Andreas founded Operation Centaur, Europe's foremost centre of equine-assisted psychotherapy. His latest book providing detailed evidence of the effectiveness of equine-assisted programmes is the benchmark text in the field. *"Trying to change makes no sense without knowing what keeps getting you stuck. Find what holds you back, and the rest is a walk in the park."*



**Dr Susan Kahn.** Susan is a Chartered Psychologist and Executive Coach who has worked alongside horses in her practice for over a decade. Her latest book on resilience and the power of failing fast, *Bounce Back*, is hailed as a landmark text. *"There's one sure-fire way to avoid failure: don't try anything new – ever. But playing it safe is a recipe for stagnation. We thrive when we feel challenged and excited by what we're doing."*



**Raul Aparici.** Raul is a speaker, executive coach and facilitator and is the Head of Faculty at the School of Life London, as well as the Programme Director for the MSc in Coaching Psychology at Birkbeck, University of London. He holds Master's Degrees on Gestalt Psychotherapy and on Critical Theory, and has facilitated personal development and therapeutic programmes for thousands of people across the world. *"Be curious. Through our work we will identify what our edges are, and push beyond."*



**"I had nearly lost hope of ever being able to change. Working with your horses has transformed me."**

*Ahmed, 2022*

**"I feel happier than I've felt in months. Everything feels sorted. The world is just so."**

*Jane Knight, The Daily Mail, February 2023*