



Spiritual Retreat

Discover the Magic of working with Horses

• AN EXPERIENCE BEYOND WORDS •

AUGUST
XX-XX

Join Ann-Britt & Alexandra Bolinder, certified coaches and your guides on this journey. No previous horse experience needed. It's even OK to be afraid of horses. All activities take place in a safe environment and on the ground.



*Let the Horses help you:
- to breathe - to heal - to feel unconditional love*

• FIND YOUR INNER WISDOM •

HORSE MAGIC

Horses give you unconditional love. They hold a sacred space of possibility for you to explore and learn new things about yourself. Horses allow you to just be yourself.

They help you access your subconscious mind and thereby find solutions to long term problems.

Horses can heal traumas that keep you from meaningful relationships.

Anyone who struggles with broken trust can find that it is easier to be with animals than people. On this retreat you will bathe in their love.

NON-VERBAL COMMUNICATION

Horses listen to you on a deep level and without words. They never judge you, have no hidden agenda and they teach you to listen from your heart. They sense your true nature and help you feel safe.

With horses as teachers you move past your old patterns of disconnection.

HORSE HUGS

Just standing next to a horse can help you gain more confidence and courage. And being hugged by a horse is an even more profound and tender experience. Their warm bodies soothe you. Their slow heart rate calms you.

This retreat will give you tools to connect to your soul and trust your inner knowing

TESTIMONIALS

"It's so safe to talk to you and I know I will never be judged for what I say." - Lena

"To connect with myself through the love and wisdom is a gift I will never forget." - Katja

"An experience beyond words." - Marie

"When I look into the eyes of this horse, it's like she can see in to my soul." - Jenny

Program

• CONNECT TO YOUR INNER TRUTH •

DAY 1

09:30 - 16:30 You will be introduced to your horse teachers. You will have a hands-on experience and get personal coaching throughout the day.

DAY 2

09:30 - 16:30 We will continue the work from Day 1 and deepen your experience.

DAY 3

09:30 - 12:30 Guided hiking in the National Park of Söderåsen

12:30 - 13:30 Lunch in the park

Afternoon - Choose from an adventurous guided tour at Söderåsen Moose Park or a sightseeing tour in the surrounding areas. When we get back you will have free time at Gustavsborg until 18:00

DAY 4

09:30 - 16:30 Now that your horse teachers know you we will let them choose the exercises for you. Trust that their wisdom and intuition will make this day magical.

On all four days you are free to stay at the farm to spend time on your own between 16:30 - 18:00, for silent, meditative contemplation.

This is our agenda for the retreat days, but sometimes our horses have their own agenda and we just have to follow their wisdom. They always know best.

WWW.GUSTAVSBORG.COM



ANN-BRITT & ALEXANDRA BOLINDER

With compassion and love we will help you shape a new path in your life. We have worked as certified coaches since 2016 and have helped hundreds of people to live from their heart and get rid of fears.

We help you to reduce overwhelm and bring back your passion for life.

Together with our horses we will guide you to move past old patterns and beliefs that hold you back.

Are you feeling stressed, unfulfilled and long for meaningful relationships? Or are you feeling stuck in a rut and doubting yourself?

We are spiritual and intuitive in our coaching and our mission is to inspire and empower you to live a bigger life. We want you to see how special you are and that you deserve to live a life in abundance.

We combine our passion for coaching with the magic of Horses to uncover your desires. We help you take those steps that remove road-blocks and let you achieve your dreams.



What is included

During your four days with us you will spend plenty of time with our lovely Medicine Horse Teachers and experience expert personal coaching. As a bonus we offer you to spend free time on our property at the end of every day. We will serve you nourishing food and snacks.

TRAVEL AND ACCOMMODATIONS

The closest airport is Copenhagen Airport, Denmark:
The drive from the airport to Gustavsborg takes about 1 1/2 hours.
We can help you with suggestions for lodging not far from our farm.
Tuition does not include your flights, transportation or lodging accommodations.

MEALS

Lunches and snacks during all four days are included in the retreat price.
Coffee and tea available all day.
Please tell us if you have any allergies.

SIGN UP POLICY AND PAYMENT

Cancellation made 60 days or less from the dates of our event is non-refundable. Fifty percent of the event fee will be refunded for a cancellation made between 90 to 61 days prior to our scheduled event. Any cancellation made 91 days prior to our scheduled event is fully refundable minus an administrative processing fee.

Please note that should an issue or challenge arise due to COVID-19 (either with travel restrictions or a health matter) we will make every effort to apply your payment as a credit to a future retreat program.



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• WELCOME TO SWEDEN •

Physical distancing as needed.

All activities are organized outside or in the stable.

We request that participants submit a copy of a negative covid test 72 hours prior to the start of the Retreat.

