

The
Equine
Experience



Presented by

O H A N A
EQUESTRIAN PRESERVE



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◆ CORPORATE EVENTS

◆ TEAM BUILDING

◆ FAMILIES

“The essential joy of being with horses is that it brings us in contact with the rare elements of grace, beauty, spirit and freedom.”

~ Sharon Ralls Lemon

For scheduling email:
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The Equine Experience



OHANA
EQUESTRIAN PRESERVE

The Equine Experience offers a variety of ways to be with horses in a safe, professionally facilitated, introductory program. Our base package can be customized with the add-on options. This unique program is ideal for groups of eight participants or less.

Why horses? Studies show that being around horses may lower stress levels and reduce feelings of tension and anxiety. Horses are highly effective at mirroring attitudes and behaviors of the humans with whom they are working. The Equine Experience brings together a variety of equine related options. You can select some or all of these offerings to meet the needs of your group.

Base Package: 2.5 - 3 hours*

Dropping the Reins

A unique equine experience that gives participants the opportunity to groom, tack and ride a horse (limited to walking). Whether you have always wanted to ride, rode as a child or have children that ride, come away with a new appreciation for the power of the horse and the physical challenge that riding provides.



Equine Gestalt Experience with North Light Coaching

A small group session, featuring the Equine Gestalt Coaching Method (EGCM). EGCM is a form of experiential learning and emotional healing, led by a trained coach and with active participation by the NLC horses. No horse experience is necessary and you will not ride the horses. This mini retreat brings the experience of connecting emotionally with a horse and experiencing presence, grounding, and new awareness.



NORTH LIGHT COACHING
FIND YOUR TRUE NORTH

Base package cost: \$330

**includes 20-30 min break*

Package Add-ons

Horse Jumping – Capital Area Premium Sporthorses (30 mins)

Appreciate the athleticism of a horse by watching a horse jumping show or practice by Grand Prix and World Class horse jumper, Kama Godek and her team.

Add-on pricing: \$75



Knot Your Ordinary Body (20 mins)

Achieve mental, emotional and physical well being with mindful stress reduction as Annette takes you on a journey of deep relaxation. Your journey will include a combination of breathing and gentle stretches.

Add-on pricing: \$40



**Picnic lunch or snack options available upon request.*

The Equine Experience is offered free of charge to approved non-profits or other organizations, based on the discretion of the Jubinsky Fund board members.

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