

Reawaken, Reset, Reimagine

A Retreat Guided by Horses, Nature, Gentle Yoga and Inner Wisdom



Join us for a day of mindful movement, meaningful moments, and a touch of magic as we immerse ourselves in embodied practice, playful interaction with horses, and the healing beauty of nature. This retreat offers a unique opportunity to connect deeply with your body, mind, and spirit.

Reawaken, Reset, and Reimagine

Guided by nature, horses, and your own inner wisdom, this retreat provides a safe and supportive space to quiet the noise of daily life. Let go of irrelevant inner chatter and listen to the whisper of your own

truth. Experience the gifts of inner peace, mindful focus, embodied presence, and spiritual awareness.

Date: Saturday JUNE 7, 8:45 am -3:30 pm

Location: Pebble Ledge Ranch 9796 Cedar Rd Novelty, Ohio

Fee: \$135.00

Guided by Jackie Stevenson, Janice Hanrahan & Spirit of Leadership Herd

For registration or information contact Jackie at jacalynstevensom@gmail.com

Join us on a journey to reawaken, reset, and reimagine—a path toward harmony and the nurturing of human kindness.

- **Slow Down & Be Present:** *Embrace a slower pace to become more fully aware of the present moment.*
- **Mindful Walking:** *Move through nature at the speed you'd like to live your life, savoring each step.*
- **Forest Wandering:** *Discover the path of your life's journey surrounded by the wisdom of the woods.*
- **Practice Being, Not Doing:** *Deepen your connection to yourself and others through mindful stillness.*
- **Explore Breath & Air:** *Engage with the elements—breath, wind, and sky—to nurture calm and clarity.*
- **Fire Ceremony:** *Participate in a release and reclaim ritual, igniting your passion and creativity.*
- **Water's Healing Energy:** *Flow with water's energy, inviting healing and well-being.*
- **Medicine Wheel Balance:** *Rebalance body, mind, emotions, and spirit through Native American traditions.*
- **Balance in Relationships:** *Find the harmony between giving and receiving, bringing more joy and fulfillment into your life.*
- **Reawaken, Reset, Reimagine:** *Transform stress, anxiety, and trauma in your nervous system into lasting patterns of calm and well-being.*

This is not about horse riding but about building a meaningful relationship with the horses and yourself. Whether you are new to yoga or have never been near a horse, this retreat is for everyone. No prior yoga or horse experience needed.



For registration or information contact Jackie at jacalynstevenson@gmail.com