

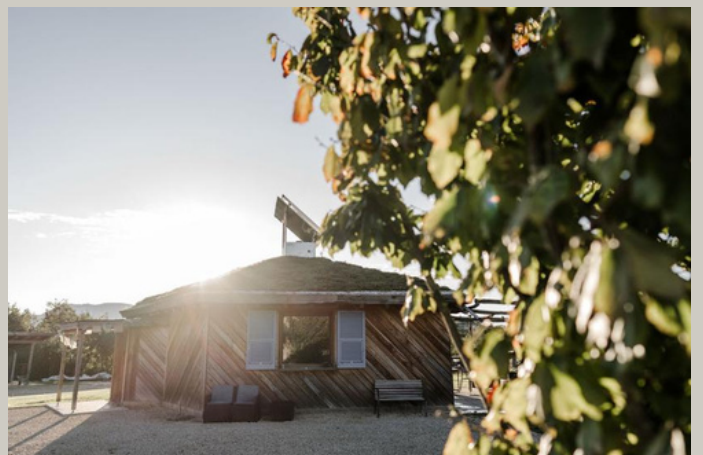
# Healing TOUCH

26.-28.09.25



A RETREAT FOR DEEP CONNECTION, RELAXATION & PRESENCE

Join us for HEALING TOUCH, a unique retreat where you'll learn gentle, effective techniques to relax and support both horses and humans. Through hands-on bodywork, soothing massage, meditation, and yoga, we'll explore how to return to a space of inner stillness, deep connection, joy, and presence — with your horse and within yourself.



In our nonstop world, we've forgotten the magic of stillness, play, and simply being with our horse.

This retreat invites you to slow down and rediscover what truly matters



- Learn massage and relaxation techniques to deepen your bond with your horse and release tension — in both of you.
- Discover how horses can guide you to a deeper connection with yourself, so you can show up more fully with others.
- Experience the healing power of simple, intentional touch through gentle bodywork with your horse.
- Explore relaxation and mindfulness techniques to enhance your connection with yourself and those around you.
- Dedicate time to yourself through meditation and yoga practices that center, ground, and restore you.







THIS RETREAT OFFERS PRACTICAL TOOLS TO  
HELP YOU CONNECT FROM THE HEART — WITH  
YOUR HORSE, WITH OTHERS, WITH NATURE,  
AND WITH YOUR OWN BEING.



Contact us for more information

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September 26—28, 2025



Casa Viva - Lake Garda