



You are invited to a retreat at the beautiful Ananda Guest House in Ocean Park, Maine, about 3 hours from Manchester, CT.

September 20-22, 2019
Ananda Guest House
Ocean Park, Maine

The theme of this retreat is:

Wisdom through Animals

The intention of the retreat is to look inward and explore who we are while examining our similarities to animals. We will explore this through different avenues and no prior experience with any animals is necessary. One component of the retreat is to mindfully interact with horses to gain a sense of personal awareness. Horses have the ability to respond immediately and give feedback based on human action, behavior, and emotion. This creates a sense of awareness of our personal state of being. Building a partnership with a non-judgmental animal also allows us to negotiate boundaries, build trust, and increase communication and compromising skills. Working with horses also provides the opportunity to release fears and overcome and/or soothe anxieties.

All offerings are optional, you choose the experiences you would like to explore over the weekend or mix and match. There will also be unplanned time for you to explore the area; relax at the cottage, walk the beach, head to the stores, read a book, get a pedicure, etc. – it's all up to you.

NO experience is required for the horse sessions. If you choose to work with the horses please let us know ASAP as the signups will be on a first come basis. If you choose to work with the horses please respond with your experience, which can be somewhere between, I have never been near a horse to I am an expert. This information will be used by the instructor to select the best horses for the classes. We will be working with horses from a local farm, right outside of Portland (about 20 minutes from the cottage). Our horse instructor is friendly with the owners of the farm and has made arrangements to work at their facility. This farm has numerous horses that they lease to local camps and such. The horses are well experienced in being handled.

Schedule:

Friday (arrival anytime on Friday)

- Potluck Dinner
- Opening Weekend Conversations
 - Introductions
 - Review of weekend agenda
 - Animal wisdom

Saturday

- Breakfast
- 10:30 – 12:00 Unmounted horse session
 - The unmounted sessions are for approximately a group of 10. This session is intended to get you acquainted with a horse. You will interact with the horse at your level of comfort. You will explore how the horse mirrors back the feelings you exude. You will learn to build a partnership with the horse learning how to communicate, compromise and trust yourself and the horse. The intention is to get to know yourself better.
- 12:00-1pm – Lunch and Q&A
 - Either you can pack a lunch from the potluck leftovers or purchase from a nearby deli. The facilitators will pick up meals ordered to allow more time with the horses and instructor.
- 1:00-3:00 Mounted horse session (horses will be ready to ride)
 - The mounted session is for approximately 6 people. During this session you will get acquainted with the horse. As you sit atop the horse you will learn to move freely with the movements of the horse. You will be taught to do yoga type stretches while mounted and moving with the horse. The energy flow between horse and human can become one.
- 3:00-5:00 open for 2nd mounted session or private or semi-private horse (horses will be ready to ride)
 - Based on sign ups this will either be a 2nd mounted session as a group or a guided lesson by the instructor.
- 7pm Dinner, Dancing, and BULL RIDING for the cowgirls at heart!!!!
 - The Bull and Brew Wing House <https://www.facebook.com/TheBullandBrewWingHouse/>

Sunday

- Breakfast
- 10:30 Closing Circle @ beach, weather permitting
 - Sharing circle about weekend and experience
 - Discussion on animal wisdom
- Refresh cottage

About the instructor and the horses

Karen Chemerka Picard is extremely passionate about horses. She has worked with horses for approximately 40 years and is the current owner and instructor of C & M Equestrian Farm located in Bolton, CT. She started working with horses at the age of 11. She has varied experience which includes working on a race track, with an Olympic Gold Medal Trainer (Melanie Smith) and her outstanding horses, and traveled the U.S. and Canada working the Arabian show circuit for many years. She is experienced in saddle seat, western, hunter over fences, barrel racing, and having fun, to name a few. Karen is currently living her dream of owning the 75 acre farm that she first fell in love with, the farm has approximately 50 horses that she can see from the back side of her home. She teaches children and adults to ride and show and enjoys passing on her love for the animals. Her most recent adventure is working with horses as healers. She provides horse therapy work at her barn in Bolton.

Feel free to reach out to Karen with any horse related or program questions at 860-982-1781.

Meals

Please bring an item to be shared as part of a pot luck dinner on Friday night **OR** something for breakfasts on Saturday and/or Sunday. We have found that there are plenty of leftover items from Friday night's dinner for lunches the next days - for those who were planning to eat in. Additionally, there are restaurants/delis close by for salads and sandwiches.

For those that would like to have lobster Friday night we can absolutely do that too! That is what Maine is known for after all. This would be an additional cost based on the price of the lobsters. It is usually about \$10 - \$12 each lobster.

Saturday night we will plan for dinner, dancing and bull riding for those inclined - at the Bull and Brew Wing House in Old Orchard Beach, about 1.5 miles from the cottage.

<https://www.facebook.com/TheBullandBrewWingHouse/>

Coffee, Tea and filtered water (out of the tap) are always available. You may also feel free to bring additional beverages for yourself or to share, including adult beverages.

Cost

\$129 per person for lodging

\$30 unmounted horse session

\$45 mounted horse session

\$80 private 1 hour horse session

\$65 per person for 2 person shared semi-private lesson 1 hour horse session

The house can sleep 17 people in their own beds, however; rooms are shared. If you have friends or relatives that would like to attend beyond 17 people you would simply need to be willing to share your bed. Additionally, there are 2 cots in the house that can be rolled out where needed.

Those wishing to stay longer before or after the retreat may do so for an additional \$25 cash per each additional night, which will be collected at the cottage.

Housekeeping

Please bring your own sheets and towels and it would be greatly appreciated if you are able to help prepare the house for the next guests, prior to your departure. Once all participants have signed up rooms will be assigned and you will be notified of the appropriate sheet sizes. They will either be twin or queen.

RSVP/Deposit

Please RSVP ASAP to lock in your reservation. Feel free to invite friends to join you. The bookings will be on a first come first serve basis.

We ask that you please pay for your lodging and horse sessions in advance. Please send the non-refundable total as soon as possible so we are sure of the number of participants and to be able to book the required number of horses in advance. If you need to cancel - your payment may be reimbursed if more than 12 participants attend or if you are able to find someone to take your place.

Make payments to: Ananda LLC

Mailing address: Ananda Guest House, 16 Tumblebrook Road, Bolton, CT 06043

Feel free check out the **Ananda Guest House** website @ www.anandaop.com