

Wellness on the Farm

PRIVATE EVENTS

Ready to discover how meditation can help you become a better horse person and rider?

We'd love to show you!

We offer private events for equestrians, their horse friends, barn families, and competition teams!

Group meditation is a fantastic way to deepen connections, hone our concentration skills, and all become a little more zen. All great things when it comes to improving relationships and communication with horses and people alike.



Guided Meditation for Equestrians

What's better than wellness that comes right to your barn? You don't even have to change out of your barn clothes!

Benefits of Meditation for Equestrians:

- Less anxiety while riding
- Improved bond and relationship with horse
- Your calmer mindset will make for a much calmer horse
- Clearer thinking in stressful situations
- More focus
- Clearer head during competition



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