
REBALANCING YOUR EQUESTRIAN RELATIONSHIP WEEKEND

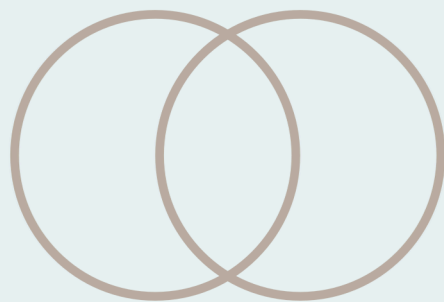


With Cat
Balance & Align Equestrian
Relationships Coaching



EQUESTRIAN RELATIONSHIPS

Reset, Recentre & Reconnect



A WEEKEND FOCUSING ON NURTURING EACH COMPONENT OF YOUR RELATIONSHIP

How many times have you wished for time out with your horse without the pressure of a clinic or competition? Where you have a welcoming, safe non judgemental space, to take a breath, come as you are and get back to what really matters - your relationship with your horse and yourself.

The weekend is designed to nourish every part of your relationship, and to gift you the freedom to explore new perspectives and ways of being.

And to be immersed in co regulation with likeminded people, to feel seen, grow, and come away feeling re-centred with new insights, connections and a deeper appreciation of who you are and the bond you and your horse share.

This sounds like an epic weekend right? Let's break it down... what exactly is it?



WEEKEND STRUCTURE

Saturday is 'human day'.

Day 1 is all about providing the environment, safety and growth to nourish YOU. We will start by settling in, having a cup of tea and connecting as a group. Then we will dive into the first workshop, introducing a theme and topic for the weekend to explore. These will be formed on topics of relationship growth and set a powerful start to the experience. The morning will unfold with somatic exercises, group discussions & shares. After lunch will have another practical workshop, these are full of fun and about empathising with our horses in a new way. This is followed by an integrative and slow mindful movement session, to ground the nervous system. We will then have a question session and finish with some gentle somatic practices like tapping and breath work to bring it all together. We will enjoy dinner together as a group.

Sunday is 'horse day'

Day 2 is about nourishing your HORSE and your relationship together. Now you have set the scene of safety, and filled your cup up, you will bring your horse into this peaceful and regulated bubble to help them release & reconnect too. We will move through exercises to meet them where they are at, help them feel safe, seen & heard and support you to deepen what you are working on.

The morning will consist of settling in, playing with obstacles and connection exercises to help them feel settled and safe. In the afternoon we will spend some time deepening what we worked on in the morning, introducing some gentle movement and playing with release work for the horses to let go. We will finish with a debrief and collective tapping/meditation session. This is often very profound!

THINGS TO THINK ABOUT, TO HELP YOU & YOUR HORSE FEEL CONFIDENT, AND SET UP FOR THE WEEKEND

Practical:

Loading: Is my loading consistent? Is my horse comfortable & confident with the question at home and away from home?

Groups of horses: Is my horse okay around other horses? If your horse has never been in a space with other horses, start gradually building this into your conversation together.

Groundwork: This weekend will be non ridden. You will get the most out of this experience if you and your horse have communication and understanding on the ground (the basics) so that you feel you can keep you both safe.

A disclaimer:

This is an experience of slowing down, being present and focusing on feeling safe inside and out. There is no goal or exception in mind, or a rush to get anything **done**. This is about gifting you and your horse the space and time you need to unlock what you need to unlock, and move through what you are ready to move through.

The approach we will be using is all about creating attunement and co-regulation. This is not a horsemanship or problem solving clinic, though there will be skills and practical explorations, it will be through the lens of relationship and not the primary focus.

“

Plan

Day	Morning	Afternoon	Evening
<p>Saturday</p> <p>HUMAN DAY</p>	<p>9:30am: Welcome ceremony & settle in</p> <p>10-11:15 Human Workshop 1</p> <p><i>Break</i></p> <p>11:30am-12:15pm Human workshop 2</p> <p>Group Tapping</p>	<p>L U N C H</p> <p>1-1:45pm Practical workshop</p> <p>1:45-2:45pm Mindful Movement & Meditation</p> <p><i>Break</i></p> <p>3:15-4:30pm Final workshop & closing</p>	<p>Group takeaway & chat* (optional)</p>
<p>Sunday</p> <p>HORSE DAY</p>	<p>9:30am: Arrive & settle in</p> <p>10am-12:30pm: Arena session</p> <p>Attunement, grounding, creating regulation</p>	<p>L U N C H</p> <p>2pm-4:30pm Arena session 2</p> <p>Healing workshop, release, bodywork</p> <p>Horse & human tapping / meditation</p>	<p>Closing Ceremony in Arena</p> <p>Load & Leave</p>

When?



Northampton:

18th-19th May

17th-18th August

Sussex:

21st-22nd September

Venue: Northampton

**Catesby Equestrian,
Catesby Thorn, Catesby,
Daventry NN11 6LB**

Outdoor school & cosy cabin



Venue: Sussex

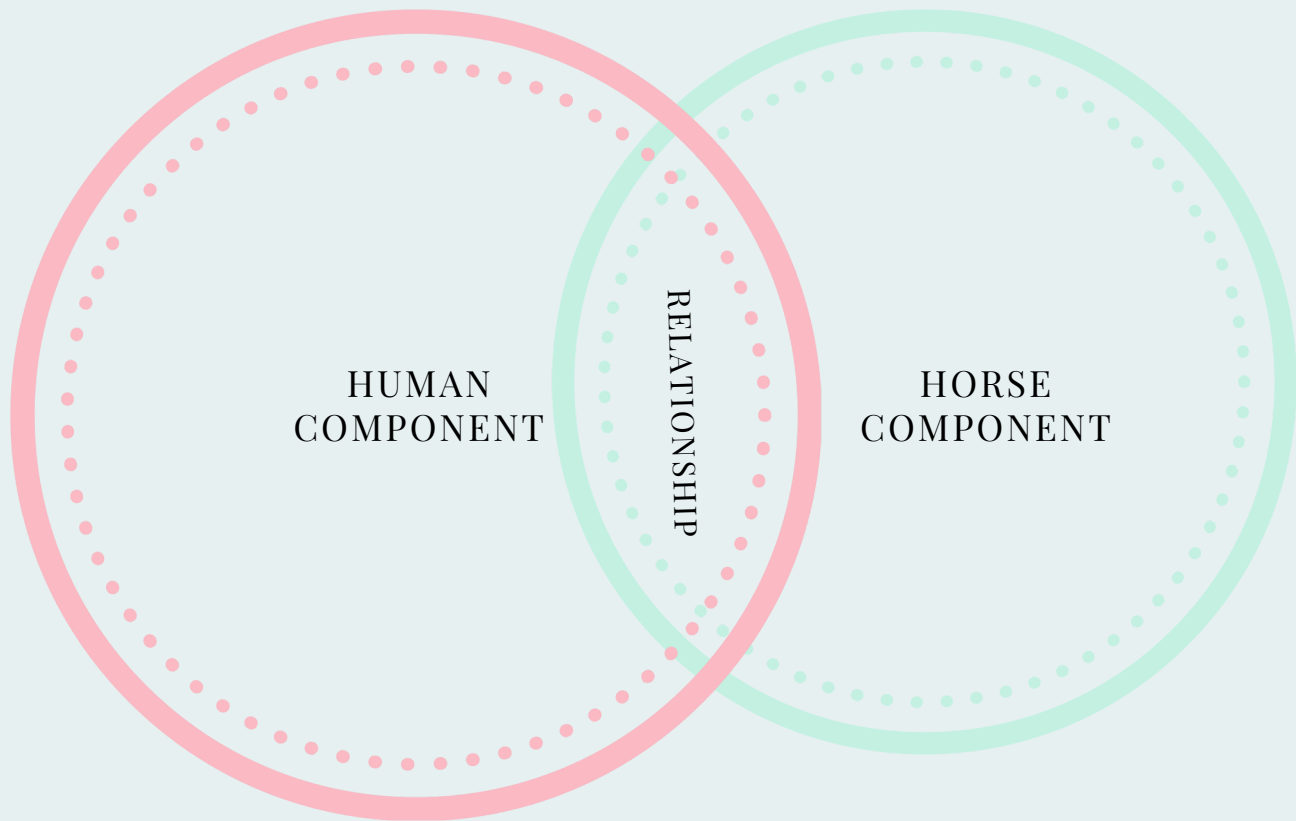
Day 1: Westmeston Parsh Hall

Day 2: Alderlake Farm

Oxbottom Lane, Lewes



BALANCE & ALIGN APPROACH



In every equestrian relationship there are 3 key components. You, your horse, and your relationship together. When you change how you show up and what you bring to your equestrian relationship, the whole relationship (and your horse) will change as a result. Equally, your horse needs help to release what they are carrying too, to grow their connection, calmness and presence in the relationship.

This is the approach we will embrace for the weekend.

ABOUT ME



RELATIONSHIPS COACHING

Cat leads with an open heart, to facilitate equestrians to transform their relationship with their horses and themselves, through release, regulation and feeling heard, understood and safe. Cat has a holistic approach to help human & horse see, hear and understand each other as deeply relational beings. And create the safety each other need to heal, flourish and grow. She is passionate about helping humans and horses explore and follow own their path, find with what feels aligned for them, embrace the un beaten track to trust their own process.

Cat's clients often say this work isn't just about fixing a problem, it's about embracing and opening a new approach that will ripple through other areas of life and relationships,

Cat supports equestrian relationships through:

- 1:1 coaching sessions
- Online & in person workshops
- Weekends & Retreats
- Transformative days for women
- Equine trauma release sessions
- Immersive programmes

Grounded in a blend of coaching, psychology, attunement, nervous system, trauma release: through the lens of relationship.



Investment

£400

(includes Saturday night takeaway)

£50 non refundable deposit
and payment plan available





Come and spend the weekend with a small group of likeminded individuals, have a healing and gentle time with yourself & your horse. With no pressure, or expectations, just to let your shoulders down, laugh, connect and re centre.

Come as you are x





Weaving together...
Attunement & release

Body & Mind connection





Relationship growth



SOUND GOOD?

If this experience feels like the right space for you and your horse, drop me a message.

To keep the spaces super safe, there are 4 spaces on each weekend.

Connect with me here:

catherine@balanceandalign.com

07515674125

[@balanceandalignequine](https://www.instagram.com/balanceandalignequine)

Testimonials

“I have no words to describe this weekend, it was a beautiful space to be in, everything was truly from the heart !! It just flowed !! Thank you from the bottom of my heart!”

The love and appreciation we have for each other and our relationship with our horses. It's like embarking on a thrilling adventure, not knowing where it will lead but fully present in the moment with beautiful like minded friends.”

“It's a safe space to BE myself with like minded women”

“If you have any thoughts of 'I think so but not sure' absolutely do it you will not be disappointed. Its helped my change how I see myself and how I show up to every relationship, not just the one with my horse.”

“I have learned so much about myself from Cat. The work we do together is amazing and I understand so much more about how our Horses mirror back to us the impact of our own internal feelings and where we are holding back. We also learn how we are in a relationship with our own nervous system. Horses help us to co - regulate with them with an awareness of what it means to be regulated, and how to support our nervous system and recover it in times of stress. Everyone's heard the metaphor of their horse being a mirror, but most people don't really understand it. That their behaviour is a reflection of you. Their behaviour is showing you what it feels like to be around you. This has absolutely been a game changer for me and I love to learn more and more!

Testimonials

“I have found MHIMM a real transformational experience where I have managed to identify and break down blocks and create shifts in my life. It’s brought me a feeling of groundedness and safety with myself that I didn’t know was possible and my horse LOVES this in me. It makes her feel safe and has helped break through blocks in our relationship that have been there since I got her. Being in this room with these amazing humans has inspired me to carry on with the next leg of my journey, and to keep leaning into discomfort and uncertainty. It has opened my eyes to what my life could be and that I am enough and worthy of dreaming big and reaching for those dreams!”

“Cat is simply magic there is no other word for what she does. My boy Alfie came to me as a shut down 2 year old having been through trauma at the hands of people. He is now 4 years and coming on in leaps and bounds. I just couldn't help him process what had happened to him, enter Cat! The first trauma release session Cat did was unknown for all of us, but Alfie knew Cat was there to help and instantly connected with her and allowed her in. This alone is massive for Alfie to let a strange human into his space and be vulnerable. This was already testament to Cat's abilities with horses.

For anyone with a horse with trauma issues, please give it a go. I can't explain it in words the bond you feel afterwards and the weight that will be lifted from your horse. I have learnt so much in just two sessions with Cat and her brilliant workshops, it has all helped me to grow my relationship with Alfie. I highly recommend Cat and cannot thank her enough for the help so far. “

Balance & Align

Testimonials

“It sure is a journey and not an easy one but it’s definitely the right one for us and there is no way I could have got this far without your support, and the spaces you set up and hold. The best thing in the world is not becoming a hostage to my nervous system anymore!”

“Each day I become more and more surprised about how I’m learning and accepting more about myself. You have unleashed what I’d kept hidden away and helped my confidence to grow. So excited for what’s to come with our work”