



Grounded Partnership

The Two Day Horse & Human Relationship Clinic

A weekend to breathe life into the relationship
with your horse, and yourself.



Come as you are



28th-29th August 2026

*Catesby Equestrian, Daventry,
Northamptonshire*



Come as you are

Nourish the whole

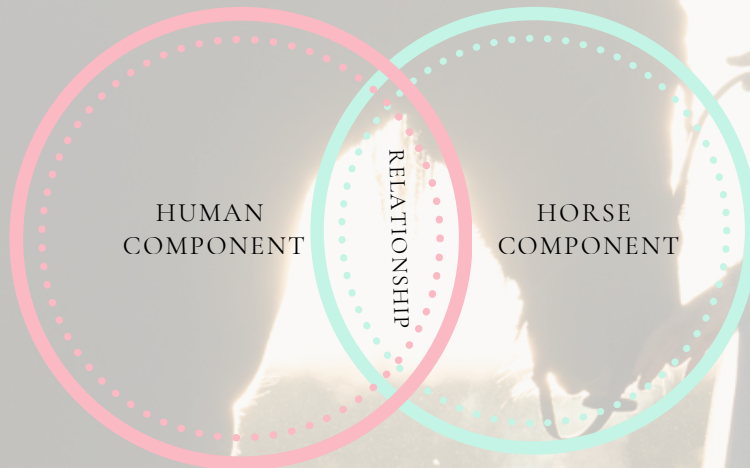


Your relationship with **yourself**

Your relationship with your **horse**

Your horse's relationship with **themselves**

Your horse's relationship with **you**



"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!"

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Grounded Partnership

Slow down. Breathe deeply. **Reconnect with yourself and your horse.**

The **Grounded Partnership** is a **two-day horse and human relationship clinic** designed to help you build a more **secure, balanced, and sustainable** partnership with your horse. With a **blend of grounded horsemanship, nervous system awareness, personal coaching, reflection, and practical exercises,**

The **first day** focuses on you, **developing your self-awareness, confidence, and understanding** through **coaching, nervous system regulation, grounding practices, and practical workshops.**

The **second day** is spent playing and exploring with your horse, and **expanding the feeling of safety, softness and trust.** Through **ethical horsemanship**, and nourishing the body, mind and soul.

***"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."***



Whether you feel **disconnected, anxious, overwhelmed, or simply longing for a deeper connection**, this clinic offers a **a judgment-free space** to **reconnect** with your horse and yourself and fall in love with the process of **developing your friendship in a sustainable and nurturing way for you both.**

Learn **tools and techniques** that grow your **shared language with understanding and safety.**

Feel your curiosity **and passion be re ignited.**

Come away with the **confidence to become your own horsewoman**, knowing what works for your horse, and **choosing what is aligned, rather than being trapped by the outside noise.**

Notice how the shifts that begun during this weekend, **ripple far beyond the yard...**

“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!”

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Details

When?

28-29th August 2026

Saturday - Sunday

Where?

Catesby Equestrian

Catesby Thorn

Daventry

Northampton

How much?

With a Horse £350

Without a Horse £200

(The first day is a human day, so this will only shift the second day)

Group Size

Limited spaces available to ensure personalised support and a calm learning environment.



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Schedule

Day	Morning	Afternoon	Evening
Saturday HUMAN DAY	9:30am: Welcome & settle in 10:00am-11:00am Workshop 1 Break 11:30am-12:30pm Workshop 2	1:30pm-2:30pm Practical workshop 3pm-4pm Mindful Movement & Meditation with Ruth Break	4:30pm-5pm EFT Tapping & closing
Sunday HORSE DAY	10:30am: Arrive & settle in 11:00am-12:30pm: Arena session Focus: Meeting your horse where they are at, moving towards a place of safety	2pm-3:30pm Arena session 2 Focus: Holding space for your horse, bringing in attunement and release work.	3:30pm-4pm De brief, tapping & finish

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What's included



- All coaching and instruction for you and your horse
- A mindful movement session with Ruth Mackman
- A call before the clinic to set you up for success
- A veggie lunch each day
- Parking on site
- The Cosy Cabin, with comfy chairs, a kettle, fridge and sink for hot and cold drinks throughout the day



"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"

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HUMAN DAY - SATURDAY

Arrive at the beautiful Catesby Equestrian, **leaving the noise of the busy world behind.** Come into the **cosy cabin** and enjoy a **warm drink**, chat to likeminded people and **feel yourself begin to decompress.**

Begin the morning **pulling a card** and reflecting on **what you would like to get from the weekend.**

Move into the first coaching session of the day, which is **relaxed, conversational, and powerful** - where you can explore what you would like to move forward with in your relationship with your horse. And **find the answers** to the questions that have been **keeping you stuck.**

Soak in your learnings with a delicious lunch and another cup of tea. **Take in the view and feeling like you again.**

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HUMAN DAY - SATURDAY

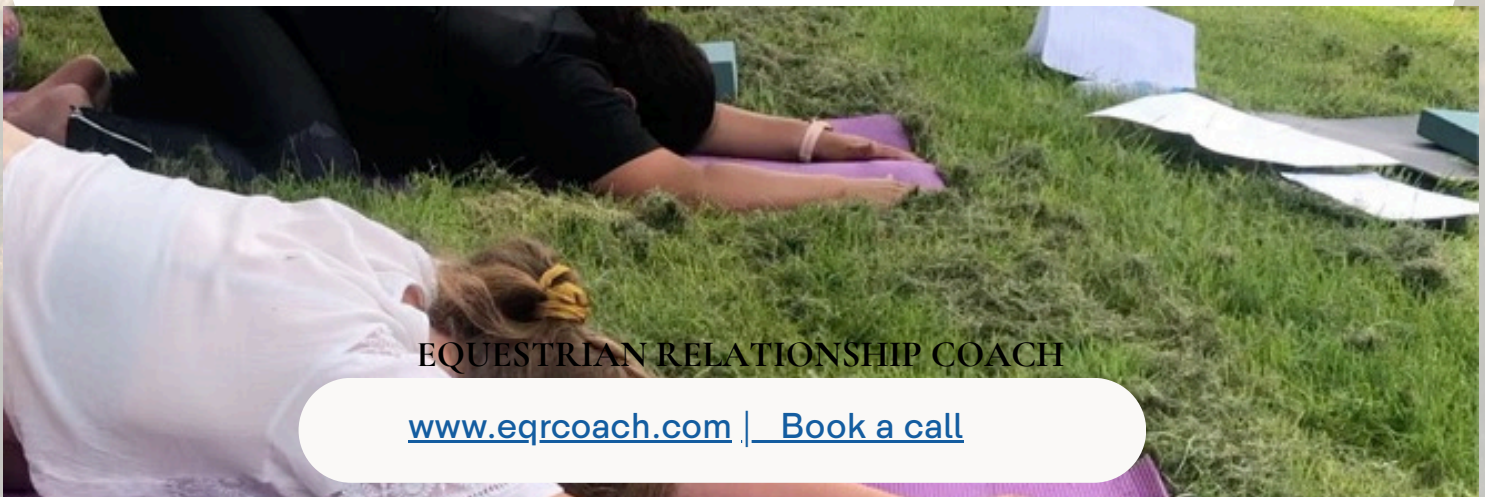
Afternoon:

After lunch, **step into your horse's hooves** with a **practical workshop**. Come away with **valuable shifts in perspective** that will reshape your **interactions within your relationship**.

Integrate this with a delicious **mindful movement session with Ruth Mackman from Kind Heart Yoga**, to connect with your centre and inner strength, **soothe the nervous system and dropp into the present**

Finish the day with an **EFT tapping practice** to bring it all together. Wrapping up the day and the shifts the group created.

Come away feeling **calm, replenished and excited to spend quality time with your horse the next day**.



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HORSE DAY - SUNDAY

Horse day:

Roll up once more to the beautiful space of Catesby, feeling **excited to let the day unfold**. You are **grounded and relaxed**, and take all the time you need for you and your horse to **settle and take a breath**.

When you both feel ready, you **move into the arena**, with **colourful things to explore**, allowing your horse to **investigate, sniff, and feel safe in their new surroundings**.

Be guided by the music, **find your flow and rhythm**. Without judgemental eyes, have the **freedom to play together**. Experience your **relationship and language together**, and find spots you would like to work with.

Have **guidance to unlock new layers in a way that feels aligned to you and your horse**. With non violent and ethical horsemanship, that balances rather than forces. And enables you to **notice more, hear more and see each other in a new way**.

Take a long lunch, with plenty of space to eat, chat, process and **replenish after the morning**.



HORSE DAY - SUNDAY

Afternoon

After you've taken time to rest, come back into the arena and support your horse to **release emotional and physical tension**. To help their body soften and **deepen their feeling of safety by being met with what they need**.

Close the day with a **discussion about what you and your horse are taking forwards**, and enjoy a **mindful moment together** with a **guided meditation or a tapping**.

Come away from the weekend feeling **more together than ever, and excited to continue growing your grounded relationship**.



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The Why



When I decided to do things differently with my first horse, all of a sudden **I'd never felt more alone**. When I went **against the grain** and stepped away from the 'traditional horse world' I was faced with the noise of **opinions, judgements & unsolicited advice**. **The louder it became, the harder it was** to find what felt right for us. The resources I had seemed to only focus on one aspect of our relationship, and put **heavy pressure** on results, obedience and **lacked the flexibility, feel and freedom we needed**. I yearned to understand how to be a better human for him, how to hear & support him and how to **interact and communicate** with him in a way that deepened our bond rather than demolish it.

When I became a professional, I was **shocked that so many of my clients and other equestrians shared similar experiences**. When they wanted to do things differently and put their relationship first, they found a **lack of support, community and balanced approaches**. Which led them to feel stuck, unconfident and alone despite wanting to do things in more **understanding and compassionate way**.

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The Why



This is why I created

Grounded Partnership: Equestrian Relationship Weekend.

Where the focus is not forcing results, but being in the **space. support and environment for your relationship to flourish.**

Where training doesn't create trauma but instead provides a foundation of **care, consent and connection.**

Where no you or your horse never feel like you need to comply with a 'one size fits all approach' and do something that doesn't feel right for you. But instead be **met with what you need** and empowered on **your unique path.**

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SECURE YOUR SPACE

Connect with me here:

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07515674125

Please get in touch with any questions, concerns
or bookings.



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CAT ROY-STANLEY

I'm Cat, and I am an **Equestrian Relationship Coach**, supporting passionate horse people to have **healthy, secure relationships** with their horses and themselves.

By offering **safe, non judgemental, and supportive sessions**, for the **human, horse and their partnership together**.

So that they can become **unstuck, feel at home in each other's company** and free to be unapologetically themselves.

To finally find a way forwards that feels aligned, ethical and evolves with them.



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WHAT IS AN ERC?

An Equestrian Relationship Coach (ERC) is an emerging professional service role in the horse world, that works with the **whole relationship between horse and human**.

- **They are a training instructor but not just an instructor.**
- **A body worker but not just a body worker.**
- **A personal coach but not just a personal coach.**

An **ERC supports each relationship component** so that passionate horse people can get unstuck and bring their dreams with their horses out of the clouds and onto the ground.

I do this by **offering safe, private, non judgemental and supportive spaces to balance each component of your relationship: you, your horse and your partnership together.** feel at home in each others company and free to be unapologetically yourselves.

These spaces include:

- 1-2-1 & Group Sessions
- Programmes
- Clinics
- Retreats
- Events
- Workshops
- Professional Training

Together we will explore what's **really going on underneath the surface, what tools, knowledge and resources you need.** To enable you to move away from what no longer feels right, and finally step into a way forwards that feels **aligned, ethical, true and evolves with you.**



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RUTH MACKMAN

Ruth Mackman is a yoga teacher of Kind Heart Yoga, and heart centred celebrant. **She loves to support people find their confidence, sometimes regaining strength, flexibility and mobility, and of course the peacefulness that comes from practicing yoga**

“My style is mainly **hatha, with flow, yin and some somatics so you can really get the most from this beautiful practice** of getting to know yourself better and focusing on all-round wellbeing”



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