



Mindfulness in Nature

During a mindfulness and meditation session at Serenity Holistic Wellness, whether a single session, a day or weekend retreat, participants are invited on a journey of re-connection and relationship with self and the environment.

Simply 'being' in the relaxing natural environment at Serenity Holistic Wellness, can become a powerful healing space.

Surrounded by Tuart trees that have stood for hundreds of years, magnificent grass trees telling their story as the gentle breeze blows through, the variety of beautiful wild birds with their wonderful songs and performances, the occasional kangaroo or emu in the distance and of course the resident horses.....everything you need to guide you on your journey back to you.

During a Mindfulness in Nature session or retreat at Serenity Holistic Wellness, participants will learn mindfulness-based practices, supported, and guided by Emma and the horses. The groups are kept small with a maximum of 6 participants in a session and are held outside throughout the year (occasional re-scheduling may occur in the event of severe weather conditions), so participants are encouraged to dress accordingly.

Horses are wonderful teachers of awareness! They live in a state of constant awareness noticing what is happening inside them and around them. They live in their bodies, they breath out and let down as they need to. They live in the present rather than the past or the future, so that when events happen, they respond in the moment, experience, express and then return to grazing. They are wonderful mirrors as they show us consistently, authentically and without judgement, just what it is our true self is experiencing.

Being outside in nature and with the horses provides participants with the opportunity to relax, observe and tune in to the present moment. Horses respond to our thoughts and intentions because we communicate these through our behaviour, energy, and body language. By being around the horses we can learn to become more aware of our thoughts, our emotions, and our actions. We can learn to slow down our minds and start to connect to our authentic selves without fear or shame.

During the Mindfulness in Nature sessions, participants will learn skills like grounding, breathwork, body scanning, and practice a non-judgemental and curious approach towards ourselves. These sessions are an opportunity to reconnect and cultivate compassion for ourselves and others in an authentic way.

A sample schedule for a full day retreat may include the following:

Sample Schedule

08:00 - Arrival; time to settle in, meet others, refreshments

08:30 - Welcome and orientation

09:00 - Yoga or meditation with the herd

10:15 - Morning tea

10:45 - Focussed experience with the Horses

12:15 - Lunch & free time

13:30 - Focussed experience with the horses and integration

15:00 - Afternoon tea

15:30 - Reflection and grounding

16:30 - Goodbyes to the horses and close

This is only a sample schedule of a day retreat and schedules may differ depending on time of year, focus of group, or number of participants. Two-day retreats finish later and include evening meal and evening activity.