



## POWER OF PRESENCE

### Personal Wellbeing Retreat with Horses



Hosted by &  
Benefiting the  
Programs at:



**THURSDAY & FRIDAY, SEPTEMBER 24 & 25, 2026**

**9 AM – 3 PM** 🐾 **ATTEND ONE OR BOTH DAYS** 🐾

#### What you'll gain from this experience:

- Gift yourself time in the present moment to center and balance
- Learn mindfulness techniques in the powerful presence of horses, which will support your wellbeing in the moment plus after the retreat
- Experience the meditative state of coherence and learn how it supports regulation, improving mood, releasing pain, and strengthening cognitive function (based on research)

The simple coherence technique (2 minute audio):

<https://www.heartmath.org/resources/heartmath-tools/quick-coherence-technique-for-adults/>

#### Additional Information:

- Lunch provided
- Dress appropriately for the weather and layer clothing  
Participants are required to wear closed toe shoes or boots
- Activities with the horses are on the ground (no riding)
- All are welcome – no experience with horses, mindfulness, or meditation are needed

MEDITATION &  
MINDFULNESS  
ACTIVITIES WITH  
HORSES

SOUND  
MEDITATIONS

LEARN  
MINDFULNESS  
PRACTICES

CONNECT IN THE  
PRESENT MOMENT  
WITH HORSES  
& THE LAND



#### LOCATION

Belos Cavalos  
687 Campagna Lane  
Kenwood, CA 95452  
[beloscavalos.org](http://beloscavalos.org)

#### HOSTS

Charlyn Belluzzo  
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## Registration

The EventBrite Registration Link Will Be Added Here

| Registration   | Early-Bird Price<br>Register by 9/4 | Regular Price<br>Register after 9/4 |
|--|-------------------------------------|-------------------------------------|
| Attend Thursday 9/24 or Friday 9/25                              | \$350 per person                    | \$450 per person                    |
| Attend Both Days with a 25% Discount                             | \$525 per person                    | \$675 per person                    |
| Additional Discount when 2 or more Attend Together for Both Days | \$425 per person                    | \$575 per person                    |

## Retreat Overview

Join us for this personal wellness retreat in the presence of horses, the land, and each other. We'll experience mindful activities to support wellbeing, and heart-centered practices that can be a foundation to increase connection, compassion, and gratitude.

This retreat is an invitation for you to experience deep presence in these areas:

- Pause, breathe, and return to calmness
- Connect with yourself, horses & the land
- Integrate simple, yet powerful wellbeing techniques

Mindfulness is simply maintaining focus in the present moment while being aware of what you're sensing and feeling, without judgment. Horses are the best mindfulness teachers because they primarily live in the present moment and in a state called coherence.

The renewal benefits of coherence include shifting to a positive mood, reducing stress, releasing pain, and increasing regulation. Research shows that horses support us in shifting into a higher state of coherence. You'll experience that and learn how to easily integrate simple coherence practices after this retreat.

The horses invite us into presence and connection. They will reflect what is asking for our attention and what we're ready to integrate. You'll deepen self-awareness and connection with your authentic self.

The land at Belos Cavalos is sacred. It rests at a powerful crossing of Earth's natural energy lines, where a special energy point near the arena allows for deep connection and personal transformation. Within the equinox energy, we'll align with Earth's balance point. Together, the land and the herd will be our teachers, guiding us through coherence, remembrance, and integration.

**You may attend one or both days and here's an overview of each day:**

| Thursday, September 24                              | Friday, September 25                                |
|---|---|
| Learn Coherence Techniques for Mindfulness          | Learn Coherence Techniques for Mindfulness          |
| Earth Connection - Energy Grid (ley lines & vortex) | Earth Connection - Energy Grid (ley lines & vortex) |
| Horse Connection                                    | Forest Bathing                                      |
| Sound Bath with Horses                              | Breathwork with Horses                              |
| Journaling with Horses                              | Music Meditation with Horses                        |
| Connection Activities with Horses & QiGong          | Gratitude & Give Back to the Horses                 |
| Recap & Conclusion                                  | Recap & Conclusion                                  |

These experiences with horses are active and quite different than typical meditation and mindfulness experiences. Many find more ease with meditating with horses. You'll experience how the horses choose to interact with us and the deeper connection that unfolds.

**No experience with horses, mindfulness, or meditation is needed.**

All proceeds go to **Belos Cavalos** in support of their equine program that serves their community, including the foster children program with Valley of the Moon.

**Come as you are. Leave with coherence, remembrance, and a deeper connection to yourself, the herd, and the land.**

Note: Information subject to change.