

Te Whare Tapa Whā & Horses

A one day retreat combining holistic wellbeing with the wisdom of horses.



KEY ACTIVITIES

- Awareness & Safety
- Boundaries & Self-Confidence
- Processing & Reflection
- Tinana (Body), Hinengaro (Mind), Wairua (Spirit)
- Whakawhanaungatanga (Connection)

Each group session will be facilitated by an ACC-approved psychologist and an experienced Equine Specialist, both trained in Equine Psychotherapy.

DAYS:

Fridays 10am-3pm

DATES (2026):

20th March
17th April
15th May
12th June
10th July

7th August
4th September
2nd October
6th November

Facilitators:

Diane Gillespie MA(Psyc) - Psychologist Equine Psychotherapy (EAP) Provider # PAG505
Jemma Boyle BA(Psyc) - Equine Specialist - Equine Psychotherapy (EAL)

✉ To book your spot please contact jemma@southcoastpsychology.co.nz and provide your purchase orders for service codes SCGTT4 x 1 and SCGT4 x 9.