

# 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)

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

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## DAYS:

Thursdays 10am-3pm


## DATES (2025):

17 April	15 May
12 June	17 July
21 August	25 September
23 October	20 November

## Facilitators:

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

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 To book your spot please contact [admin@scp-equinetherapy.co.nz](mailto:admin@scp-equinetherapy.co.nz) and provide your purchase orders for service codes SCGTT4 x 1 and SCGT9 x 9.