



**Are you self aware?
Do you feel like a leader?
Can you be in the moment?**

EQUINE ASSISTED MINDFULNESS

**Learn non-verbal communication and self-awareness
with the help of horses!**

No riding experience required. Any age.

**A joint project of Mystic Art Retreats and Jacqueline Kapur
March 12th - 15th, 2022**

Presence: An Equine Assisted Mindfulness Immersion with Jacqueline Kapur

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INTRODUCTION & OVERVIEW

Welcome to a unique and spectacular four-day equine assisted mindfulness immersion in Auroville. Horses mirror our inner state and offer a perfect compass to us to understand the dynamics of our behaviours including its patterns.

The pandemic has thrown up some incredible challenges ever known in contemporary history. For people who are committed to their inner wellbeing, this unique experience would definitely be transformative and elevating.

You will enjoy best-in-category instruction, company of Andalusian horses, sumptuous meals, and stay at a tasteful cottage nestled in nature. All Instructor time, equine time, local transport (within Pondicherry), accommodation and airport transfers (ex-Chennai) are provided for. We will visit some of the cultural sites in Pondicherry and Auroville. You will return with a relaxed disposition, reinvigorated self, new friends, and unforgettable memories.

This unique experience is perfect for holistic arts practitioners or students; those seeking an animal assisted inner-work programme, or simply anybody who wishes to explore working with horses. No pre-requisites exist for getting on the programme.

Internationally award-winning equine sports specialist Jacqueline Kapur will be your guide. This event is produced in partnership with the Red Earth Riding School in Auroville, Tamil Nadu run by Jacqueline Kapur.

HIGHLIGHTS

- Personal guidance by Jacqueline Kapur for over three hours per day
- Private rooms in a tasteful cottage nestled in nature
- All Breakfasts included
- One Continental lunch at PY Café in Pondicherry
- One BBQ dinner at the Red Earth Riding School on the opening day
- Transfers from the venue every morning
- Guided Auroville and Pondicherry sightseeing



TESTIMONIALS

Thank you so much ... It was an amazing experience and I will cherish our adventure into this mystical & magical country. One of the highlight was the opportunity to be in such amazing company with beautiful like-minded ladies from around the globe. I personally would love to see everyone in another future retreat.
--A.F.

I truly enjoyed my experience at this Retreat and thank you for making it all possible. It has been said one never steps in the same river twice, having made this crossing, I've come away with so much that will resonate for a very long time.
--M.K.

One is always on the lookout for 'mindfulness' and each one finds a way to do it. I too have walked this path and tried many ways to root myself. Recently I experienced an amazing way to connect with the 'now', to just 'be' and feel safe from within. Thank you, Jacqueline, for that fabulous moment with the most magnificent animal on earth - Campera, the horse.

The sense of touching and breathing and just resting my head on her belly made me feel strong and safe!!!
--Revathi, Actress

As a yoga instructor the first aspect that we begin to address is the breath when we teach. My experience with the horses at Red Earth Riding School helps me understand this aspect of breath even further and naturally. Most often when we deal with anxiety issues and struggle to find the source, I think being with a horse gently aids you to watch this source. As you stand closer to this beautiful beast, your senses start to move inwards quite effortlessly. This then makes the beginning to know oneself...a trot towards freedom.
--Anupama, Yoga Instructor

Watch video on YouTube: <https://youtu.be/Nxr8A-az900>



SCHEDULE

March 12-15th, 2022: Fixed departure to Pondicherry by taxis at 12:00 pm from Chennai Airport. We encourage you to arrive either by a morning flight or the previous day and meet us at Chennai Airport. Driving time to Pondicherry is 2:45 hours.

Day 1 (March 12th, Dinner): We will pick you up from Chennai airport and drive you to Pondicherry on the picturesque East Coast Road. You can check in and relax during the afternoon. Then we shall travel for an early evening dinner meeting with Jacqueline. This is a good opportunity to know others, understand group dynamics and set the expectations from the retreat. Post dinner we shall drop you to the cottage.

Day 2 (March 13th, Breakfast): You will be picked up from the cottage early morning for your destination -the Red-Earth Riding school. Instruction until 09:30 am followed by breakfast with Jacqueline or at the cottage. The rest of the day is free to relax or take our half-day guided tour of Auroville. *(Note: anyone wanting to explore more than the stipulated time would need to make arrangements to return to the cottage by themselves and pay directly to the cab company. We shall assist with that)*

Day 3 (March 14th, Breakfast, Lunch): You will be picked up from the cottage early morning for your destination -the Red-Earth Riding school. Instruction until 09:30 am followed by breakfast with Jacqueline or at the cottage. The rest of the day is free to relax or take our half-day guided tour of Pondicherry. Lunch at the chic PY Café is covered within your itinerary. *(Note: anyone wanting to explore more than the stipulated time would need to make arrangements to return to the cottage by themselves and pay directly to the cab company. We shall assist with that).*

Day 4 (March 15th, Breakfast): You will be picked up from the cottage early morning for your destination -the Red-Earth Riding school. Instruction until 09:30 am followed by breakfast with Jacqueline or at the cottage. Check out from cottage. You are free after this to explore more of Auroville and Pondicherry which offer fascinating places for shopping and sightseeing or travel back home. Fixed departures for Chennai Airport at 13:00.

B – Breakfast **L** – Lunch **D** - Dinner



PRICES (instalment payments are available)

INR 45,000 + Govt Charges

Payment method: Google Pay to Mukul Purohit OR Speak to Mukul Purohit

+Info and Registration: purohit.mukul@outlook.com

DETAILS (About the immersion)

Every person who has ever been around horses knows that they make you feel better. As horses are herd animals with a highly developed flight instinct, they rely heavily on non-verbal communication cues to respond to their environments. These sensory skills are exactly what make horses so receptive and trainable. Horses sense our feelings through the tensing of our shoulders or the relaxation of our posture. They provide a magnifying mirror for the subconscious responses that we might not be able to pinpoint on our own. However, by interacting with horses we can learn to be aware of our body language.

Jacqueline offers Equine-Assisted Mindfulness groundwork sessions for everyone, no prior experience with horses necessary. These sessions include:

- Introduction to herd behaviour and overview of nonverbal communication interacting closely with the horse to establish a relationship
- Leading games with horses to ensure position in the mini “herd” of horse and person
- Controlling the movement of horses in the round pen to learn how our body language influences the others
- Meditation and breathing session in close proximity of our equine partner to experience unity and awareness of the “now”
- Reflection on our learnings and emotions



IMMERSION STAFF

- Instructor: Jacqueline Kapur (www.rers.auroville.org)
- Producer: Mukul Purohit/Mystic Art Retreats (www.mysticart.org)

SKILL LEVELS

- No experience with horses is necessary
- Please notify us if you are already a skilled equine student or handler

DESTINATIONS (As time allows)

- Auroville (half-day guided tour)
- Pondicherry (half-day guided tour)

INCLUDED

- 3 days of 3 hours plus of instruction per day by Jacqueline Kapur
- 3 nights single occupancy accommodation included at a beautiful cottage nestled in nature. Single occupancy available at extra charges
- 1 opening dinner with Jacqueline ahead of the retreat
- 1 continental lunch at the chic PY Cafe
- ½ day Field trips to visit Auroville and its experimental futuristic sites
- ½ day Field trip of Pondicherry including its teeming markets, French quarters, Aurobindo ashram and Chettinad style bungalow hotels
- Daily Breakfast with Jacqueline at the venue
- Transportation Ex-Chennai Airport
- All local transfers excluding ones which do not adhere to set itinerary

NOT INCLUDED

- Air ticket from your destination to Chennai
- Travel Insurance
- Alcoholic Drinks
- Tips



LINKS FOR MORE INFORMATION

This immersion is a partnership between Mystic Art Retreats and Red Earth Riding School: <https://www.mysticart.org/> <https://www.rers.auroville.org/>

SUGGESTED READINGS (No reading is required to enjoy the immersion)

PLANNING YOUR TRIP

REGISTER: If you hear the call to participate, first thing to do is get in contact with us to guarantee your place at the retreat. Please contact Mukul Purohit on purohit.mukul@outlook.com or on his mobile number

PLANE TICKETS: There are sufficient flights to Chennai from all destinations

ACCOMMODATION: We shall send you the details of the cottage closer to the retreat

TRAVEL INSURANCE: We recommended insurance

FOOD: We shall offer a mix of South Indian and Continental cuisine. The chic PY café offers a sumptuous Avant Garde food menu. The meals served during the retreat are an experience by itself. If you are allergic to something else, please inform as soon as possible for us to be able to make special arrangements.

WATER: All meals are prepared using filtered water

WEATHER: March temperatures can be just north of Thirty degrees and minimum temperature in early twenties. Avoid tight clothing. A nice pair of closed shoes and comfortable pants are required for long walks. Sunscreen and lip balm is recommended

REFUNDS AND CANCELLATION

If requested in writing, full refunds will be given within 7 days of payment minus a 15% service charge. No refunds will be given after 1st March 2022. We cannot be responsible for acts of god or modified itineraries due to the typical chaos of travel in India. Our staff is highly experienced and we will do our best to ensure your participation is as easeful as possible, regardless of any surprises. Full refunds will be given to all paid participants should the retreat be cancelled by the organisers. We reserve the right to cancel at any time for any reason.