

Horse Wisdom

An immersive learning retreat

May 4-8 2027

Pelion, Greece

Five days of immersive learning with horses on the greek peninsula Pelion

Are you curious about what working on the ground with horses can teach us about inner leadership, setting healthy boundaries, and practicing the art of being fully present? Then this retreat is waiting for you.

Day to day programme

Here's a taste of the programme. Every day will hold space for both theory and practice sessions, as well as own time to integrate insights and rest.

1 Check-in & collective dinner
2 Meet the Herd & Social Leadership
3 Sensing Boundaries
4 Inner Leadership & Sunset Shepherd Walk
5 Closing ceremony with the horses & lunch

English/Dutch spoken
Minimum 5, maximum 8 participants
Experience with horses is welcome, not essential

Your investment

Early bird (till 15-01-27)	1500.- euros ex VAT
Regular fee	1700.- euros ex VAT

This fee includes a welcome gift and dinner, and collective lunch on all four days.

Additional costs:

- horse rental to bring in cash (200.-)
- flight to and from Thessaloniki (appr. 400.-)
- shuttle bus to and from Kalamos (appr. 100.-)
- (shared) housing (175.- to 350.-)
- self-catered breakfast and dinner (appr. 150.-)
- personal travel & liability insurance

Your hosts



As an artist and zen Buddhist, **Sophie So Shin Krier** works since more than twenty years at the intersection of co-creation, nature-based making and the sacred. With Learning with Horses, she helps professionals move from being overworked to finding inner leadership, and remembering who they are inside.



For six years now, **Caroline Pluvier** has organized Shepherd Walks and outdoor meditations amidst her free roaming horses. She trained among others with Terra Natura School of Essence, and is currently learning the Trust Technique®. Caroline was an organic gardener before dedicating her life to horses.



Elvira Veldman, founder of Monads4all, works as a humanistic councellor with a passion for a Jungian approach and experiential learning with horses. How can revealing the the unconscious with dream interpretation help us to encounter our inner soul and to connect with all human beings?

Learning goals

What we will work on:

– recognizing boundaries within ourselves and in others
– experiencing the difference between what you feel inside and what your body radiates
– interacting with the outside world while remaining present within yourself
– receiving signals of your body as information
– self-regulation of the nervous system
– setting an intention and following through
– activating your inner leadership
– dream journaling and Jungian dream interpretation
– daily meditation practice

What you can expect:

– a safe environment with experienced guides
– an intimate group assembled with care
– a magical seaside setting
– greek comfort food
– a mix of theory and practice
– hand-outs to extend and deepen the work beyond the retreat
- after care in the form of a come back call



Packlist & travel

What to bring:

- water bottle (not from glass), sun hat, glasses and cream
- sturdy (trekking) shoes (we will be walking on uneven terrain, off track)
- easy clothing for meditation
- headlight
- swimming gear and personal items for your time off

Your journey:

The ideal road map is as follows:

- outbound flight Amsterdam-Thessaloniki (3h50) on May 4 2027 [flight 09.30 am to1.30 pm], shared shuttle bus to Kalamos (2h30)

- shared shuttle bus and return flight [2.30 pm to 4.20 pm] Sunday May 9 2027, Thessaloniki-Amsterdam (3h05)

Depending on where you travel from, arrival and departure times may differ. We will do our best to synchronise the group so as to let the programme unfold smoothly.

Feeling a yes?

Register now via the online form (click or scan the QR) >>

Our engagement for peace:

One percent of the raised funds will be donated to the Layan Foundation, in support of children affected by war.

Accomodation and meals

Self-care and rest

The seaside taverna Akteon, where we will gather for lunch every day, serves delicious local food, with vegetarian options. If you have other special needs (dairy free, gluten free, vegan), the best is to shop ingredients at the village of Argalasti (10-15 min ride from Kalamos). Booking full pension at Aktaeon is possible on demand. Please indicate your situation in the online registration form.

Accomodation options in Kalamos takes the shape of (shared) studio's or appartments (with a separate bedroom). These are holiday homes designed to house many, and to spend a lot of time outside. Expect clean simplicity and the seaside never far off. Please indicate your preference in the online registration form. Prices range from 50-70 euros per night per studio.

Bonus treat

Optional one hour reflexology, full body massage amidst the herd, and shiatsu treatments are bookable on demand for 70.- euros p.p.

Questions?

Feel free to contact us via
sophie@learning-with-horses.net

We offer a no-obligation call on request.