

Horse Wisdom

An immersive learning retreat

May 4-8 2027

Pelion, Greece

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? Read on!

Programme

Every day will hold space for both theory and practice sessions, as well as own time to integrate insights and rest.

Day 1 Check-in & collective dinner
Day 2 Meet the Herd & Social Leadership
Day 3 Sensing Boundaries
Day 4 Inner Leadership & Sunset Shepherd Walk
Day 5 Closing ceremony with the horses & lunch
Day 6 Departure

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 remaining 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 clients transition from being overworked to retrieving their inner leadership.



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 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

– experiencing the difference between what you feel inside and what your body radiates
– interacting with the outside world while remaining present within yourself
– recognizing boundaries within ourselves and in others
– learning to read signals from your body
– 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 deepen the work beyond the retreat
- after care in the form of a come back session



Packlist & travel

What to bring

- water bottle (not from glass)
- sun hat, glasses and cream
- sturdy (trekking) shoes for uneven terrain
- rain coat
- headlight
- easy clothing for meditation
- swimming gear, 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 clear YES?

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

Questions?

Feel free to contact us for a free (video) call via sophie@learning-with-horses.net

Accomodation and meals

Self-care and rest

The seaside taverna Akteon, where we will have lunch every day, serves delicious local food, with vegetarian options. If you have 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 basic housing with the seaside never far off. Please indicate your preference in the online registration form.

Bonus treat

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

Our engagement for peace

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