

**FLYING CHANGES
COACHING**

5* MIND & BODY RETREAT

Relax, Revive,
Rejuvenate,
Restore &
Revitalise



Held at the stunning
Parwood Equestrian Centre,
Nr Guildford, Surrey with all
inclusive 5* facilities. So all
you have to think about is
you and your horse for a few
days away from it all.



Relax in the beautiful surroundings of Parwood Equestrian Centre with 5* facilities, full catering & optional accommodation

Revive your partnership with your horse through top class coaching, mindset workshops and optional groundwork sessions

Restore your confidence & overcome your fears in a fully supported way with psychology at the heart of everything including mindset workshops and confidence boosting coaching

Revitalise your mind and body with a full timetable of awareness workshops so you have a full toolkit to take away and enjoy!

These camps are held at the stunning Parwood Equestrian Centre, Westwood Lane, Normandy (Nr Guildford), Surrey GU3 2JE with all inclusive 5* facilities. So all you have to think about is you and your horse for a few days away from it all.

Feedback from previous attendees-

"I didn't stop laughing the whole time! Fantastic company and instructors who really want to help you to achieve your goals, whether that's cantering for the first time or jumping a course of fences. I had so much fun which is what riding horses should be all about."

"I found this holiday completely inspirational from start to finish. The instructors were first class and I learnt so much from each of them. Parwood is a great venue for a holiday with first class facilities and stabling. The group was so friendly and supportive and I had a great time."

"I have learnt so much about myself from this course and not only as a horse rider with fears. The workshops are amazing, opening up the mind and continually working with the idea that you can do this. What Jenni and her team have done is to offer me back the opportunity to just enjoy my horse again and believe me I have a smile on my face when I say nothing can stop me now ! Thanks Jenni."

"I didn't want to go home. I can't talk highly enough of this holiday without sounding completely over the top! It totally transformed things for me. Will definitely be back for more."

3 day residential camp for all abilities (camp in tents or lorries/trailers - or choose to book a luxury 2 person caravan).

Choose from flatwork, poles, groundwork, sj & xc options -grouped by ability - you choose your level. All instructors are very experienced, fully qualified and chosen for their ability to understand and help with building confidence at all levels.

Jenni Winter-Leach is on site at all times to support you if needed and you can book extra one to one sessions with her as well as the other instructors if you want even more support. We all get to eat together and socialise and there is plenty of time to chill out for you and your horse. Come and relax and unwind and leave confident and revitalised.

Also included -

Unmounted workshops with Jenni - Master Mindset and Performance Psychology Coach

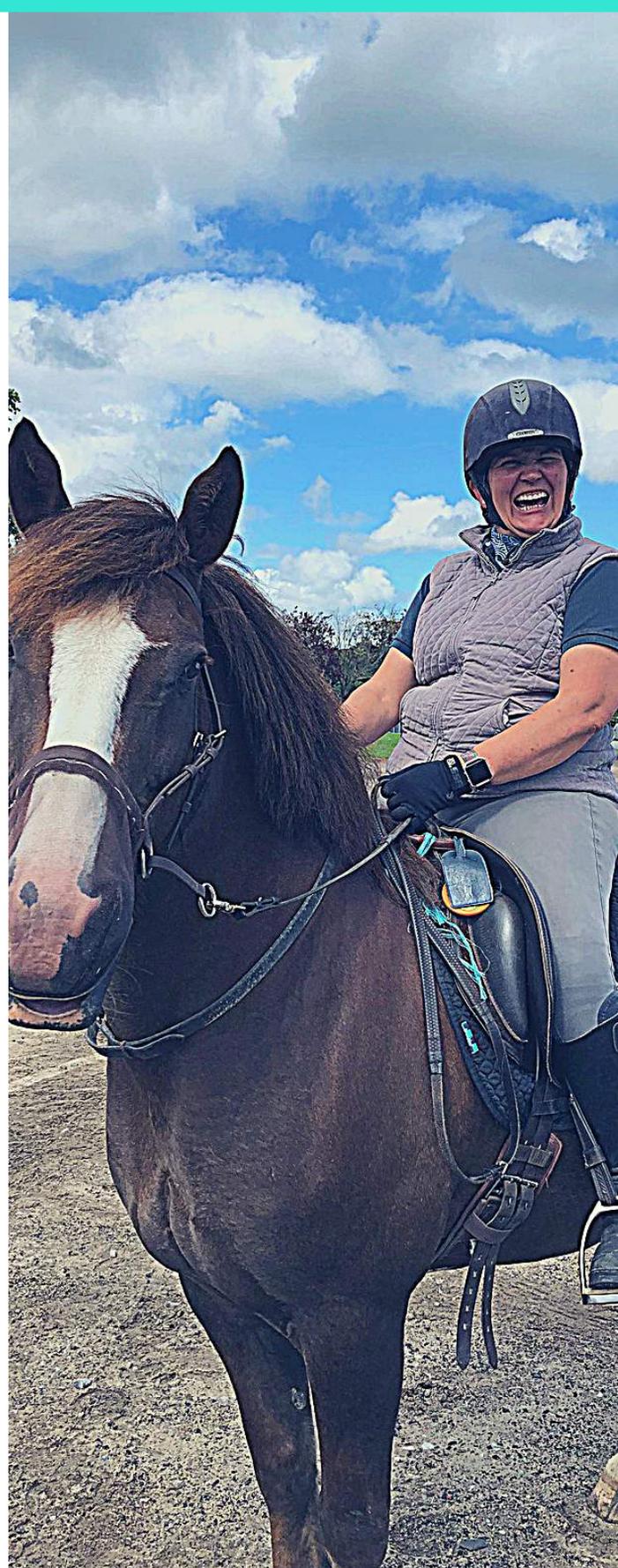
Body awareness workshops,

Talks/ demos from experts

All human food with all diets accommodated for (and no washing up!)

Stable with hay & bedding included

Pro photographer on site



Parwood facilities are 5* with a 20x60 indoor, 50x70m outdoor SJ arena and full set of SJ, large XC course with jumps for all abilities and all weather gallops and hacking (mostly available to use anytime you like).

Other facilities include camping on grass, parking for horseboxes or lorries on hard standing with hookup available, large airy rubber matted stables, secure tack room and really lovely hot showers for both horses and humans!



Optional extras available to purchase on top of your chosen package...

- Private lessons with instructors (subject to availability)
- Private sessions with Jenni
- Hookup
- Full Muck Out service at the end of camp
- Photographs from the Pro Photographer

Instructors may include -

Heidi Reed - BHSI & UKCC3

Jamie Wright - Advanced dressage rider and Intermediate event rider

Abi Dean - 2* Event rider and trainer.

Laura Jarvis BD Trainer, BD Young Professionals Award Winner (2011), Grand Prix Rider & UKCC3

Lucy Chester horsemanship coach building confidence for horse and rider on the ground and ridden

Plus other guest instructors (we reserve the right to change instructors if needed).

All this for just £497!!

Pay Balance in Full Bonus - 6 months FREE access to the Dream it Do it Love it Lounge worth over £100.

All packages are a £197 deposit and come with the option to pay the balance by 3 monthly installments

Deposit is only refundable if we can fill your place from a waiting list.

You can then either pay the balance in full by March or pay in 3 installments. You choose and we will invoice you according. Card payments, Paypal or Bank Transfer options are available.

To book your place all you need to do is [click here](#) (or use the URL below) and fill out the booking form. It will then take you to a booking site to pay your deposit. Then you are booked! Lots of information will come your way nearer the dates of the camp so that you can plan and arrive calm and ready.

www.flyingchangescoaching.co.uk/Holidaybookings.html