

# CONNECT TO THE WISDOM OF THE HERD

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IN OUR HORSE GUIDED  
EMPOWERMENT RETREAT



# Sowing love - Harvesting confidence

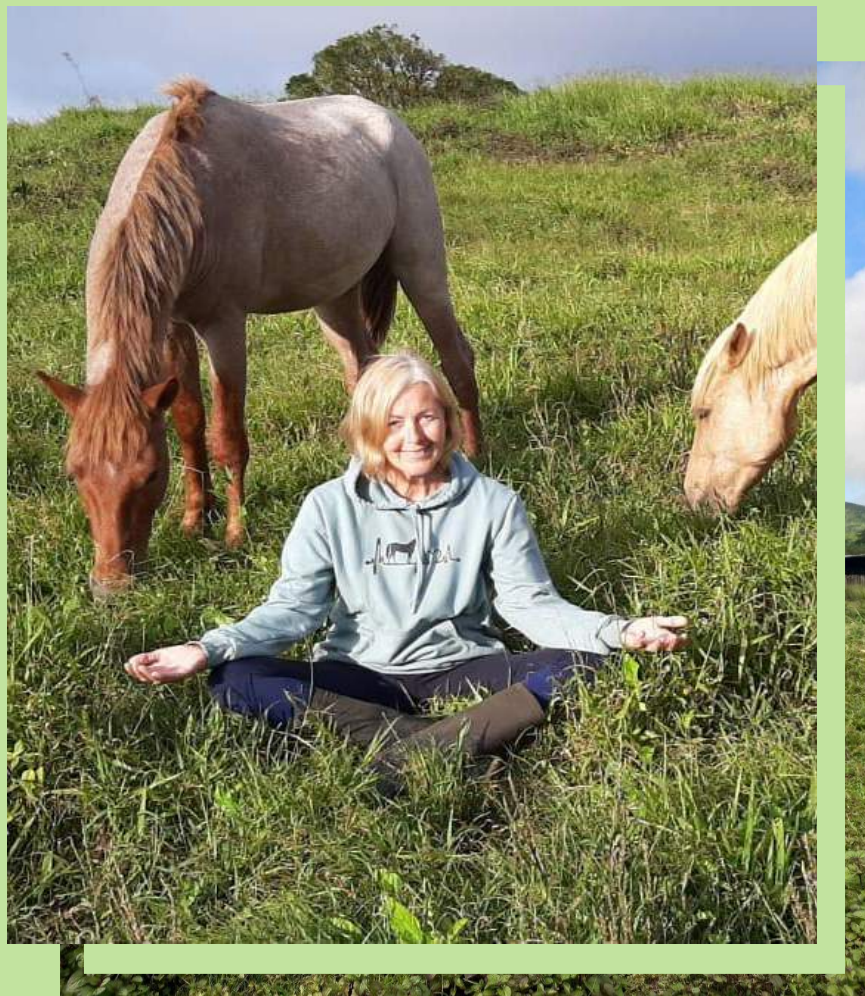
Living in a city can bring a lot of stress into your life. The constant cycle of work, taking care of others, worrying about your own future.

When was the last time you did something for yourself? Turn your vacation on the Galapagos Islands into a valuable and powerful experience that might change your life.



With our herd of untamed horses you will connect to your basic instincts and dive deep into the relationships you have in your life.

Through simple exercises you will explore your personal affirmations and understand where you can find support for positive change.



## Retreat leader

### Claudia Moreno

Claudia Moreno has lived on the Galapagos for 20 years and has a vast knowledge about the islands. She is a facilitator of Horse Guided Empowerment®, an innovative method that combines coaching with autonomous horsemanship.

10 years ago Claudia founded Galapagos Horse Friends. The only horse sanctuary on the Galapagos Islands providing a safe home to a herd of rescued and untamed horses.



**Experience  
connection, yoga  
and confidence**



**Explore the unique  
wildlife, scenery and  
culture of the  
Galapagos islands**



**Let the  
transformational  
energy of horses  
inspire you to live  
a fulfilling life**

**6 DAYS HEALING RETREAT**

# ABOUT THE RETREAT

## Day 1

- Transfer in + check in
- Meeting the group for lunch
- Visiting Las Grietas

## Day 2

- Meeting at the horse's sanctuary
- First contact with the herd
- Lunch time at El Chato
- Giant Tortoises + Yoga in nature

## Day 3

- Horse Guided Empowerment®
- Coaching + Yoga + Snacks
- Visiting Santa Rosa for a late lunch

## Day 4

- Excursions (optional):
  - Day Tour to a Virgin Island

## Day 5

- Visiting Tortuga Bay
- Connecting through Yoga
- Lunch Time in Puerto Ayora
- Visit CDF

## Day 6

- Horse Guided Empowerment®
- Saying goodbye to the herd
- Ending-Meditation + Snacks
- Farewell Dinner

# LISTEN TO OUR GUESTS:

“ It has been an amazing experience. I didn't know what to expect and learned spending time with a herd of horses is completely different than owning horses. There is much to be learned at this retreat, I'm so glad I came!



**Denise, USA**

“ It was a great experience, it changed my mind on so many things. Having connection with horses is not something that we do usually. It has opened my eyes about my place on earth and what I want to do. I changed!



**Philippine, Belgium**

“ It was my first time being around horses. I was nervous at first. Then when the horses came Claudia told us to breath and relax and I saw the group relaxed, it made me feel more confident. It was awesome!



**Claudia V., Ecuador**

# Contact:



Whatsapp: [+593994135896](https://wa.me/593994135896)

Email: [morenoclaudiagps@gmail.com](mailto:morenoclaudiagps@gmail.com)

Instagram: [@galaequus](https://www.instagram.com/galaequus)

Website: [www.galapagoshorsefriendsofficial.org](http://www.galapagoshorsefriendsofficial.org)