



EQUISOL

BEYOND NATURAL HORSEMANSHIP

FRANKLIN LEVINSON

MAY 24-31, 2015

Successful training through compassion, wisdom, skill and trust! Many humans seem to believe they need to dominate a horse because it is bigger and stronger. They seem to overlook elements of a horse's psychology that make this 'prey' animal always seeking to feel safe. Understanding that fear is a huge factor in the life of a horse and that trusting it is safe is even more important can help humans become more successful as trainers, riders and with any shared activity with a horse. Learning how to recognize efforts by the horse to comply with our requests and rewarding their effort is extremely beneficial. This is positive reinforcement and is the most effective training principle known. When we accept that resistance from a horse is a response of fear, our approach might be more compassionate and we might not seek to punish the animal for what we judge as disobedience.

By understanding the mind of horses and learning the skills to successfully communicate with them, we can begin to develop the single most important thing to a horse: its feeling of safety and trust. Additionally, the self-awareness, kindness and compassion that is required for this type of interaction between horse and human has a lot of potential to enrich your life well beyond the arena. This is the core of "Beyond Natural Horsemanship."



WHAT TO LOOK FORWARD TO

- Pairing with one of Equisol's amazing horses for the week
- Learn groundwork & riding skills that build trust and confidence between horse and rider and take you well Beyond Natural Horsemanship
- Enjoy trail rides & swimming with your horse in the river, waterfall or ocean
- Enjoy daily outdoor yoga classes & meditation to improve focus, balance, flexibility, strength & body awareness
- Enjoy delicious & healthy meals plus snacks & refreshments throughout the day & two dinner outings to great local restaurants
- Relax in the evenings under the stars at our outside lounge decks overlooking infinity pools, the ocean & jungle below
- Enjoy one 60-minute holistic massage with our amazing massage therapist
- Transportation to/from the Liberia airport as well as in-town shuttling
- Optional booking of outside activities such as surfing, kayaking or zip lining
- Meet new, like-minded friends and create memories that last a lifetime



About Franklin Levinson

Franklin Levinson's mission is to enhance and enrich the horse/human relationship wherever and whenever possible by teaching humans how to compassionately and effectively interact with their horses. Whether a competitive rider, trail rider, Western or English discipline, Franklin can help you have more success with your horse by teaching you about horse psychology and the groundwork and riding skills that are informed by this knowledge. Franklin has 40+ years experience as a professional horseman. Long before the 'natural horsemanship' craze, Franklin was teaching and training horses using his own gentle, effective methods. Experience one of the few true remaining innovators of gentle, successful horsemanship, as well as Equine Facilitated Learning by attending this amazing retreat with Franklin in Costa Rica!



ACCOMODATIONS ~ FINCA AUSTRIA

Finca Austria is a beautiful 150-acre ranch in the hills of Nosara. There are two villas (Casa Colibri & Villa Mariposa) with breathtaking views of the ocean, sunset, river and jungle below. The property features stables and pastures for the horses, endless riding trails, waterfalls, basketball & tennis courts, an outdoor yoga space and so much more.

The prices below are per person and include the Beyond Natural Horsemanship program, accommodations, meals, etc. Please visit our website for more details on what is included. **PLEASE INDICATE YOUR FIRST CHOICE OF ACCOMMODATIONS AND WHETHER YOU ARE TRAVELING WITH A PARTNER WHEN PAYING YOUR DEPOSIT.** We will assign rooms to individuals in the order received and match guests with roommates if they are staying in shared rooms. If your first choice is not available we will contact you to suggest a similar room.

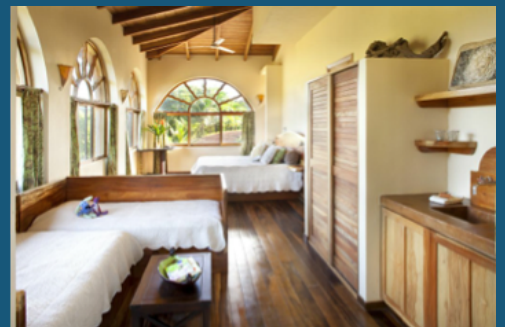
CASA COLIBRI ~ Thirty-meter infinity pool & pool bar, expansive common areas with daybeds, kitchen, A/C in all rooms, wifi, kitchen and laundry facilities.



Family Suite

Large ocean-view room with private terrace and private bath (1 king, 2 single beds). Double or triple occupancy.

\$2,900 king bed; \$2,800 single bed (2)



Honeymoon Suite

Large ocean-view room with two private terraces, outdoor tub & shower plus full private indoor bath (1 cal king). Single or double occupancy.

\$3,250 king bed



Downstairs Bedroom 1

Beautiful room with two single beds and a private bath. Double occupancy.

\$2,800 single bed (2)



VILLA MARIPOSA

Infinity pool, beautiful common areas with day-beds & hammocks, roof-top terrace, A/C in all rooms, wifi, kitchen and laundry facilities.



Master Bedroom

Large room with private bath (1 king, 1 single bed).
Double occupancy.

\$2,850 king bed; \$2,750 single bed



Bedroom 1

Private room with shared bath (rooms 1 & 2 share the bath). One king bed, single or double occupancy.

\$2,850 king bed



Bedroom 2

Private room with shared bath (rooms 1 & 2 share the bath). One double bed, single or double occupancy.

\$2,850 double bed



Bedroom 3

Smaller private room with shared bath (room 3 & 4 share the bath). One double bed, single or double occupancy.

\$2,850 double bed



Bedroom 4

Smaller private room with shared bath (rooms 3 & 4 share the bath.) One single bed, single occupancy.

\$2,650 single bed



Things to know before you go, or actually...before you book

Horses: Safety is our top priority. Height and weight restrictions do apply for horseback riding; please send us an email if you have any questions or concerns. In general, 190-200 lbs. is our max for horseback riding (also depends on height). It is recommended that you have some horseback riding experience in order to get the most out of this retreat.

Yoga: Yoga experience is not required; however guests generally get more out of the week if they establish a yoga practice prior to a retreat. We practice vinyasa flow yoga and restorative yoga and many modifications and variations are provided to accommodate all levels of practitioners.

REGISTRATION

\$2650-3250 PER PERSON (varies depending on room selection) ~ Includes seven nights of accommodation at Finca Austria, meals, daily yoga classes, the Beyond Natural Horsemanship program & a 60-minute massage). A \$750 deposit is required to reserve your space.

Please visit our website at www.equisolretreats.com for further details and to make a retreat deposit today. You can email Equisol at info@equisolretreats.com or call us at 949-209-8755.