

Our Relationship to the Present Moment: How Horses Teach Us About Ourselves

With Emery and Olivia

Saturday June 13, 2026
9:30am-4:30pm
6 CE Hours



Location

Dover Plains, NY 12522
(exact address available after registration)

Travel

Driving – Parking available onsite
Train – MetroNorth to Dover Plains Station (Harlem Line)

What will we be doing?

Spend the day exploring how you show up in the world! Better yet, spend the day with horses and art making to gain a deeper understanding of how to be more present and engaged in life and in relationships. Horses are very honest and open about what they sense in your energy, intentions, and presence. We will spend the day exploring presence, connection, and how to be aware of the similarities or incongruities between your inner and outer states. Plenty of time with horses (no riding) and open to anyone curious about working with these magnificent animals or open to the role horses and creativity can play in understanding relationships, connection, and attachment. Leave with deeper personal insight and tools you can use with clients to explore similar topics.

What to Wear and Bring

We'll be working both indoors and outdoors, depending on the weather. Please dress appropriately. Wear closed-toe shoes or boots. Sneakers are fine, boots are better. Wear comfortable and casual clothing that you don't mind getting dirty. Long pants are preferable all times of the year. Dress appropriately for the weather. It's best to layer clothing during all seasons. If you tend to have allergies, please plan accordingly in case they decide to act up.

Bring a notebook or journal if you like to reflect in writing or prefer making art in something you already use. All art materials will be provided—no need to bring your own, but you are welcome to if you enjoy traveling with particular pens or travel size materials.

Pricing

March: Super Early Bird Registration \$400
April: Early Bird Registration \$450
May: Regular Registration \$525
Payment Plans are available and flexible – contact Emery with Questions!

Registration

On the conference registration form at the bottom - <https://forms.gle/smZSTtzKZJsK9pe36>

Questions?

If anything comes up before the retreat, don't hesitate to reach out!

You can contact Emery at emery.mikel@creativelyhealing.com / 703.402.4515 or Olivia at oliviaolivia.art@gmail.com

We look forward to seeing you soon!

Warmly,
Emery & Olivia