

Aligned, Attuned & Alive

Equestrian Relationship Weekend

26-27th July 2025



Come as you are



KEY DETAILS FOR THE WEEKEND

When?

26-27th July 2025

Saturday - Sunday

Where?

Catesby Equestrian

Catesby Thorn

Daventry

How much?

£300 (Instalments available)

This includes a coaching call before & after the weekend to support you: setting up for success and to debrief & decompress.

WHERE IS THE WEEKEND?

Catesby Equestrian is a beautiful arena just outside Daventry.

Catesby has a **homely and safe feel, overlooking trees and hills**. The owner of the venue is also likeminded, with a holistic and kind approach with horses.

The **human workshops will take place in the cosy cabin**, or in nice weather, outside on the picnic benches.

Mindful movement sessions will be on the warm grass outside, or in bad weather, the **quaint local village hall**.

Horse sessions will take place in the **beautiful big sand school**, with lots of obstacles to play with.

A **break spot** with water and hay will be for your horse just outside the school for your horse **to rest if they need a break**.

This is an important part of the weekend to **honour their choice and process**.



PILLARS FOR THIS WEEKEND

Your relationship with **yourself**

Your relationship with your **horse**

Your horse's relationship with **themselves**

Your horse's relationship with **you**



WHO IS THIS WEEKEND FOR

This weekend is designed for **human-horse partnerships** who want explore a more **compassionate, attuned, and intuitive** way of being together.

For humans who would like to **grow in themselves**, prioritise relationship and who want to be the **best human** they can be for their horse.

And for horses who are ready to be **understood more deeply**, and may benefit from a **gentle, non escalating approach** that puts them first.

All are **welcome, regardless of discipline, background or experience**. What matters most is your **openness, grow and honour the wisdom** your horse offers.

Suitable for:

- New partnerships
- Established partnerships

For there is always something to learn about **yourself and eachother**.

If you aren't sure whether you & your horse would be a fit for this weekend, get in touch to **book a free chat**.

This will be an 'on the ground' weekend.



WHAT IS THIS WEEKEND ABOUT?

This weekend is about **supporting you & your horse** to grow your relationship with **yourself and each other** by:

- 1) Finding and shifting into a place of **inner safety**
- 2) Attuning together in a **safe environment, with supportive tools**
- 3) Growing co regulation **together as a partnership**

This weekend is also about you & your horse **experiencing a welcoming, safe non judgemental space**, to take a breath, come as you are and get back to what really matters.

And to come away with:

- A deeper **connection**
- **Understanding** of each other
- **Clarity** on what works for you
- Refreshed **perspectives, tools to practice**
- **Likeminded people** to stay in touch with.

The amazing humans who have experienced this weekend shared that it played a key role in opening a new path, putting jigsaw puzzle pieces together and encouraged them to trust their unique process.



ELEMENTS OF THIS WEEKEND

As we are taking a **whole relationship approach**, we will weave together:

Personal development & growth

Education

Nervous system regulation

Equine emotional release work

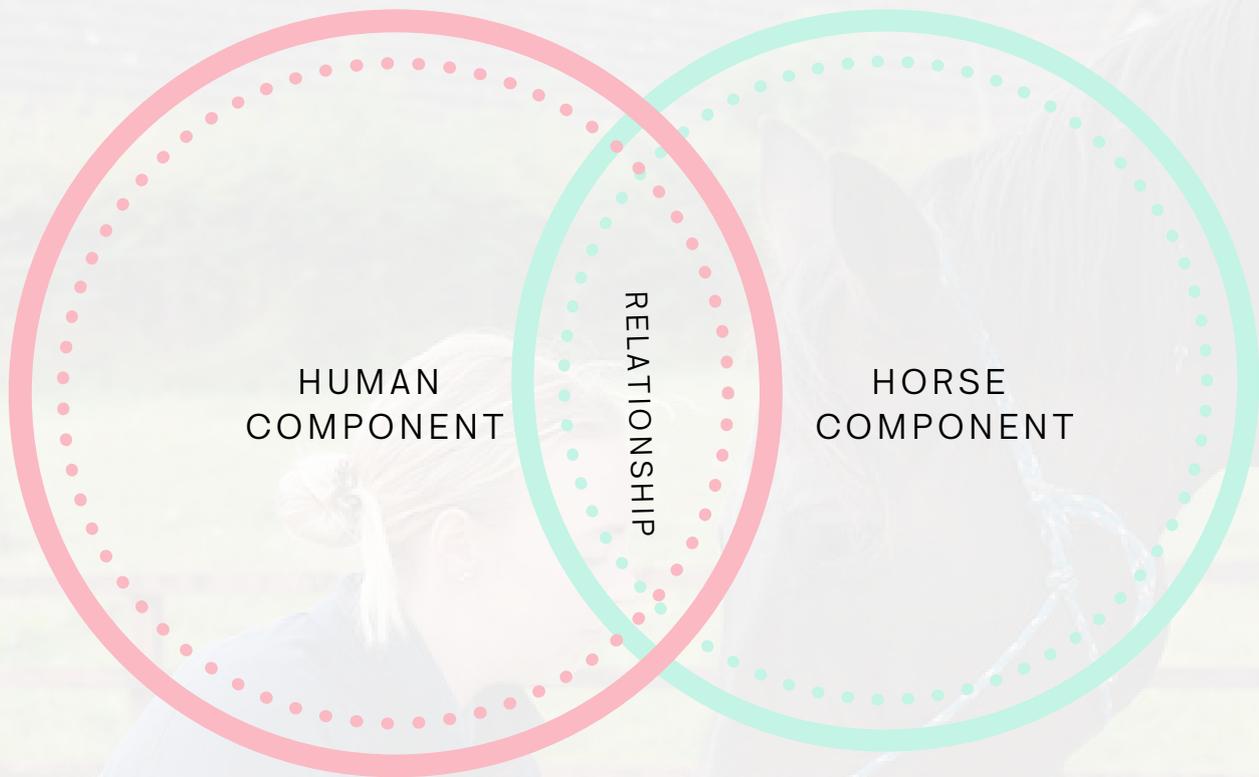
Gentle & non escalating horsemanship

You & your horse will be supported to:

- Build **self-awareness, inner regulation, and emotional resilience**
- Deepen you & your horse's **capacity for attunement**
- Release **held tension**
- Create a **grounded, safe presence** for your horse to lean into
- Grow **trust and mutual understanding** through **gentle, non-escalating techniques**
- Hear what your horse has to say—and respond with **presence and empathy**
- Learn some **simple, transformative exercises** to facilitate **emotional balance & connection** with your horse



A RELATIONSHIP APPROACH



In every **equestrian relationship** there are 3 key components. **You, your horse, and your relationship together.**

Each component brings their own **gifts, experiences, programming and challenges.**

To **rebalance a relationship**, it is important to **nourish and balance** each component individually, as well as how the **interact and connect together.**

DAY 1



HUMAN
COMPONENT

Day 1 is Human day

Where you can receive the **space space, support and tools** to nourish, balance and empower you.

This is so on horse day you are in a **space of social engagement**

Mind

1) Coaching & personal growth workshop:

Identify and shift blocks you are **experiencing**, **grow your awareness and understanding of yourself**, make **meaningful changes** to move towards what you would like to create in your **internal & external world**.

2) Education:

Expand on important topics and areas that can **inform your practices** with **yourself and your horse**, and provide a foundation that makes sense and is **backed by knowledge**.

DAY 1



HUMAN
COMPONENT

Body

3) Mindful movement:

Organically bring your **body and mind** together with this session, **slowing down, taking a breath**, and allowing your body to stretch, soften and let go. This may also be a **grounding and empowering experience**, that isn't about fancy poses, but getting more in tune with you.

4) Nervous system regulation:

Incorporating **somatic exercises** to facilitate the body to move towards a **state of safety**, to help you release and shake off what isn't working for you, and **grow your window of regulation**.

Soul:

5) Community & conversations:

Co regulation is the basis of a **sense of safety**. So often in the **horse world** we are in **toxic social environments**. This weekend will be a refreshing space, where you can have **conversations with likeminded people**, and feel gotten.

6) Embracing spirituality:

If you feel drawn to **share an experience** or tap into your **spiritual side**, this is a safe space for that.

DAY 2



Day 2 is about nurturing your horse & your relationship. Bringing your horse into this bubble of safety, to see & hear them, support their process, and grow your connection and sense of togetherness.

Environment

Your horse is to **explore the environment**, familiarise themselves with what's around. With **no time pressure**, or the need to get anything done, **they can ease into the day**.

There will also be a station where they can go to if they **need a break or a rest at any point**. This weekend is about giving them **choice, and asking consent**. This way they can feel **safe, seen and understood**.

Body, Mind:

The **exercises** we will explore, will endeavour to create **safety and balance their body and mind**, To move them into a **nervous system state of safety**, and expand their **capacity for connection**.

DAY 2



Attunement & Co regulation:

The foundation of a **safe relationship** is feeling **seen, heard & gotten**. This is our priority over the weekend, and you will be supported to **grow this with your horse**.

Emotional Release

When the nervous system feels safe, it naturally opens to release stuck **emotions, experiences, memories** and unprocessed energy. Because you are nurturing a **safe environment, relationship with your horse**, they may naturally start letting go. You will learn ways to **facilitate and support** them in this process.

Conversations

Language and communication are key for relationships to flourish. You will explore ways to **communicate** with your horse that are softer, more **intuitive, and supports your connection** rather than squashes it.

WHAT IS THE ROUGH TIMETABLE OF THE WEEKEND?

Day	Morning	Afternoon	Evening
<p>Saturday</p> <p>HUMAN DAY</p>	<p>9:30am: Welcome ceremony & settle in</p> <p>10-11:15 Human Workshop 1</p> <p><i>Break</i></p> <p>11:30am-12:15pm Human workshop 2</p> <p>Group Tapping</p>	<p>L U N C H</p> <p>1-1:45pm Practical workshop</p> <p>1:45-2:45pm Mindful Movement & Meditation</p> <p><i>Break</i></p> <p>3:15-4:30pm Final workshop & closing</p>	<p>Group takeaway & chat* (optional)</p>
<p>Sunday</p> <p>HORSE DAY</p>	<p>10am: Arrive & settle in</p> <p>10:30am-12:30pm: Arena session</p> <p>Attunement, grounding, creating regulation</p>	<p>L U N C H</p> <p>2pm-4:00pm Arena session 2</p> <p>Healing workshop, release, bodywork</p> <p>4-4:30: De brief, tapping & finish</p>	<p>Closing Ceremony in Arena</p> <p>Load & Leave</p>

HOW WILL THIS WEEKEND BE STRUCTURED?

We will start by settling in, having a **cup of tea and connecting as a group**.

Morning:

The **coaching & personal growth workshop** is an **insightful and exploratory** session, to introducing a **theme for the weekend**, and expanding on **theory and topics** to empower you, support you to **shift in your relationship with yourself**

Afternoon:

After lunch will have another **practical workshop**, these are full of fun and about **empathising with our horses in a new way**. This is followed by an **integrative and slow mindful movement session**, to ground the nervous system. We will then have a question session and finish with some **gentle somatic practices** like **tapping and breath work** to bring it all together. We will enjoy dinner together as a group.



HOW WILL THIS WEEKEND BE STRUCTURED?

Horse day:

With your own **sense of safety** and **calm established**, you'll invite your horse into this **space to support them & their process**.

Through **mindful exercises**, **attunement** and **gentle horsemanship** we'll meet your horse where they are, helping them feel safe, seen, and supported as you **deepen your connection**.

The morning will focus on **settling in**, **exploring obstacles**, and **connection work** to ground you both.

In the afternoon, we'll **expand on this**, and incorporate **release work** to support them with what they would like to let go of.

We'll close with a debrief and **shared tapping/meditation session**—often a powerful experience for both you and your horse.

We will allow the **horses to guide us** as to what they need and where to explore.



PRACTICAL CONSIDERATIONS

Loading:

Question to think about: Is my loading consistent?

The weekend will involve travelling your horse on the second day. It is helpful to prepare you both for this. Considering whether your horse is **comfortable & confident** with the question at **home and away from home**.

Groups of horses:

Questions to think about- is my horse okay around other horses?

The Sunday will be in a small group of horses. If your horse has never been in a space with other horses, I would recommend gradually building this into your conversation together.

Groundwork:

This weekend will be non ridden. You will get the most out of this experience if you and your horse have basic communication and understanding on the ground (the basics) so that you feel you can keep you both safe.

A loving Disclaimer:

This is an experience of slowing down, being present and focusing on feeling safe inside and out. There is no goal or exception in mind, or a rush to get anything done. This is about gifting you and your horse the space and time you need to unlock what you need to unlock, and move through what you are ready to move through. And most importantly grow your relationship together.

This is not a problem solving clinic, though there will be skills and practical explorations, it will be through the lens of relationship.

MEET YOUR FACILITATORS CAT ROY-STANLEY

My name is Cat, I am a horse & human geek, cob mum and Equestrian Relationships & Personal Coach living in Wales. I love supporting fellow heart led equestrians and their horses to shift their relationship with themselves and each other, where they feel safe, authentic and attuned.

I know personally how lonely and confusing the horse world can be when it comes to having a better relationship with your horse, it can all feel like a frustrating mystery. But I also know that it doesn't have to be like that!

My clients often say this work isn't just about fixing a problem, it's about embracing and opening a new approach that will ripple through other areas of life and relationships.

I currently support people through sessions, programmes, community, workshops, education & experiences.

My background: Psychology, behaviour, natural horsemanship, equine massage, coaching, teaching.

My qualifications: Certified Barefoot Personal & Professional Coach, Psychology BSc, Equine Massage Therapist.

Board: I am registered with the International Coaching Federation (ICF) and work within their principles and Ethics.



MINDFUL MOVEMENT FACILITATOR RUTH MACKMAN

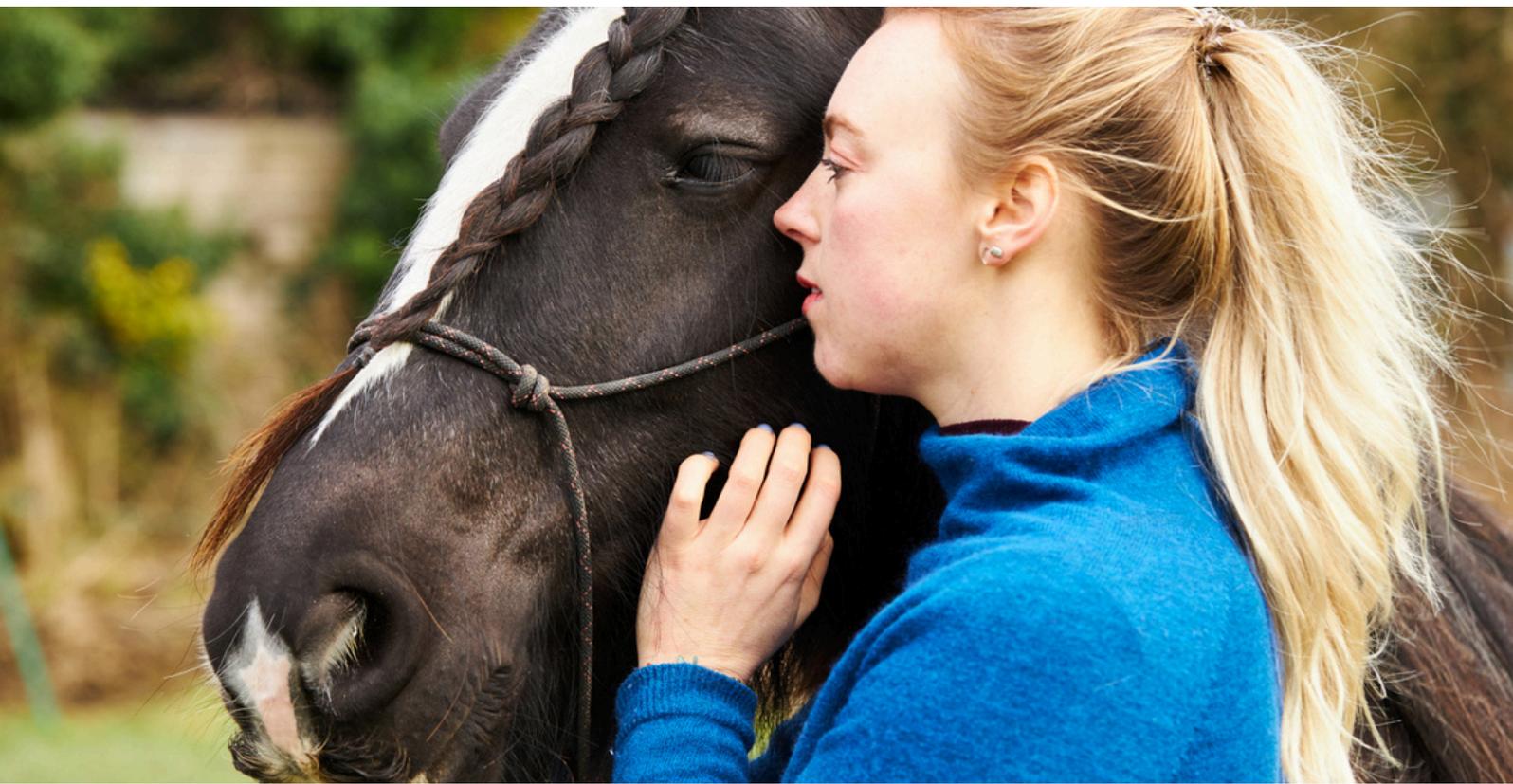
Ruth Mackman is a yoga teacher of Kind Heart Yoga, and heart centred celebrant. **She loves to support people find their confidence, sometimes regaining strength, flexibility and mobility, and of course the peacefulness that comes from practicing yoga**

“I have been teaching since 2022, having studied a 300 hour teaching certificate at Whitespace Yoga Studio with Deborah Berryman and Dawn Wright. Since then I have completed studies in yin yoga, yoga nidra, simple vinyasa, pranayama and somatics.

My style is mainly **hatha, with flow, yin and some somatics so you can really get the most from this beautiful practice** of getting to know yourself better and focusing on all-round wellbeing. In longer sessions I also share nidra as a beautiful way to relax and find calmness.

Each class is an invitation to breathe deeply, forget any tensions and enjoy the feel of yoga through your body. This is time for you to step away from the busyness of day to day life, give yourself time to undo any knots and niggles in your body, and restore your energy levels.”





SOUND GOOD?

If this experience feels like the right space for you and your horse, drop me a message.

To keep the spaces super safe, there are 4 spaces on each weekend.

Connect with me here:

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TESTIMONIALS



“I have found MHIMM a real transformational experience where I have managed to identify and break down blocks and create shifts in my life. It’s brought me a feeling of groundedness and safety with myself that I didn’t know was possible and my horse LOVES this in me. It makes her feel safe and has helped break through blocks in our relationship that have been there since I got her. Being in this room with these amazing humans has inspired me to carry on with the next leg of my journey, and to keep leaning into discomfort and uncertainty. It has opened my eyes to what my life could be and that I am enough and worthy of dreaming big and reaching for those dreams!”

“Cat is simply magic there is no other word for what she does. My boy Alfie came to me as a shut down 2 year old having been through trauma at the hands of people. He is now 4 years and coming on in leaps and bounds. I just couldn't help him process what had happened to him, enter Cat! The first trauma release session Cat did was unknown for all of us, but Alfie knew Cat was there to help and instantly connected with her and allowed her in. This alone is massive for Alfie to let a strange human into his space and be vulnerable. This was already testament to Cat's abilities with horses.

For anyone with a horse with trauma issues, please give it a go. I can't explain it in words the bond you feel afterwards and the weight that will be lifted from your horse. I have learnt so much in just two sessions with Cat and her brilliant workshops, it has all helped me to grow my relationship with Alfie. I highly recommend Cat and cannot thank her enough for the help so far. “

TESTIMONIALS



in, everything was truly from the heart !! It just flowed !! Thank you from the bottom of my heart!”

The love and appreciation we have for each other and our relationship with our horses. It's like embarking on a thrilling adventure, not knowing where it will lead but fully present in the moment with beautiful like minded friends.”

“It's a safe space to BE myself with like minded women”

“If you have any thoughts of 'I think so but not sure' absolutely do it you will not be disappointed. Its helped my change how I see myself and how I show up to every relationship, not just the one with my horse.”

“I have learned so much about myself from Cat. The work we do together is amazing and I understand so much more about how our Horses mirror back to us the impact of our own internal feelings and where we are holding back. We also learn how we are in a relationship with our own nervous system. Horses help us to co - regulate with them with an awareness of what it means to be regulated, and how to support our nervous system and recover it in times of stress. Everyone's heard the metaphor of their horse being a mirror, but most people don't really understand it. That their behaviour is a reflection of you. Their behaviour is showing you what it feels like to be around you. This has absolutely been a game changer for me and I love to learn more and more!

TESTIMONIALS



“It sure is a journey and not an easy one but it’s definitely the right one for us and there is no way I could have got this far without your support, and the spaces you set up and hold. The best thing in the world is not becoming a hostage to my nervous system anymore!”

“Each day I become more and more surprised about how I’m learning and accepting more about myself. You have unleashed what I’d kept hidden away and helped my confidence to grow. So excited for what’s to come with our work”

Body & Mind Connection





Relationship growth



Attunement & release

