



Conscious Leadership

The Path to Awareness and Well-Being With Horses
Weekend Program



Friday evening: 18:00 - 21:00	
Time	Activity
16:00	Leave Singapore by transportation provided
18:00	Meet and greet
18:30	Dinner
19:30	Get Connected - Personal and Group Intentions for the Weekend Mindfulness – Practice 1: Settling the Mind and Focusing Attention
21:00	Closing – Bed time
Saturday: 7:00 – 21:30	
Time	Activity
7:00	Yoga - Light Stretching Mindfulness – Practice 2: Meta Awareness, Increasing Self-Awareness
8:30	Breakfast
9:30	Group Discussion - Introduction to Equine Facilitated Learning
10:00	Equine Facilitated Learning exercises with horses
12:00	Group Meditation – Morning Reflection
1:00	Mindful Lunch – Practice 3: Gratitude, Appreciating Others and Interdependence
14:00	Coaching Session #1 - Personal Values and Self-Leadership Assessment
16:00	Break and Snacks
16:30	Equine Facilitated Exercises – Grooming, Meditation with Horses
18:30	Dinner
19:30	Coaching Session #2 - Listening, Compassion, and Empathy Session Group Meditation – Practice 4: Interconnectedness, Empathy,
21:00	Closing – Bed Time
Sunday: 7:00 – 14:00	
Time	Activity
7:00	Yoga - light stretching, Guided Meditation – Practice 5: Compassion

8:30	Breakfast
9:30	Equine Facilitated Exercises - Con Su Permisso, & Team Building
11:00	Goals and Commitments – Coaching Session #3
12:30	Celebration & Appreciation
13:00	Lunch
14:00	Depart for Singapore