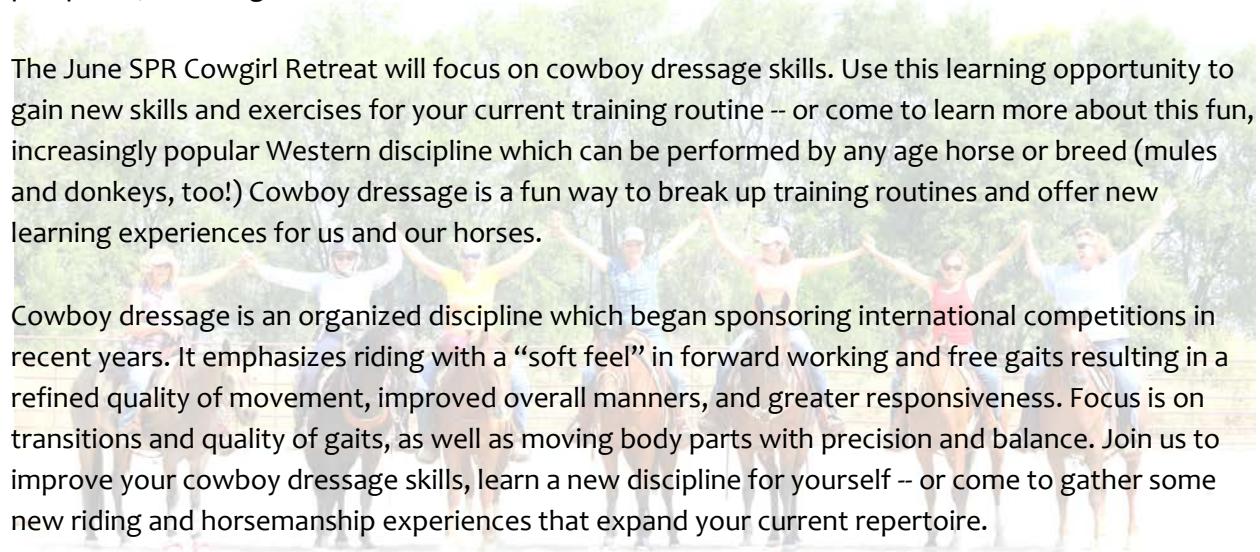


Hi All! We have had to make a slight adjustment to our June plans. Matt got a judging offer he couldn't refuse: judging the Lexington, KY Extreme Mustang Makeover on the exact same time as our June retreat. ☺ In his place, we have booked a wonderful Cowboy Dressage clinician who I am quite fond of, Barbara Dunn. ☺ Read on to learn more!

Sweet Pepper Ranch Cowgirl Retreats -- Featuring cowboy dressage or ranch riding, yoga, and meditation

Our Cowgirl Retreats are designed for committed women riders interested in improving riding/horsemanship skills and mind/body awareness. We want our participants to feel safe, relaxed, pampered, and enlightened.



The June SPR Cowgirl Retreat will focus on cowboy dressage skills. Use this learning opportunity to gain new skills and exercises for your current training routine -- or come to learn more about this fun, increasingly popular Western discipline which can be performed by any age horse or breed (mules and donkeys, too!) Cowboy dressage is a fun way to break up training routines and offer new learning experiences for us and our horses.

Cowboy dressage is an organized discipline which began sponsoring international competitions in recent years. It emphasizes riding with a "soft feel" in forward working and free gaits resulting in a refined quality of movement, improved overall manners, and greater responsiveness. Focus is on transitions and quality of gaits, as well as moving body parts with precision and balance. Join us to improve your cowboy dressage skills, learn a new discipline for yourself -- or come to gather some new riding and horsemanship experiences that expand your current repertoire.

By adding yoga and meditation to our Cowgirl Retreat, we invite attention to our own physical and mental well-being as well as with working our horses. We will listen and connect with what our bodies are telling us, and turn that into action -- perhaps learn to improve posture, increase range of motion, or even just feel how to relax for a few moments. (No yoga or meditation experience necessary.)

TWO 2018 RETREAT DATE OPTIONS:

- Thursday afternoon, June 21 through Sunday mid-morning June 24
- Thursday afternoon, September 13 through Sunday mid-morning September 16

FACILITATOR: Alayne Bickle Alayne, a life-long equestrian and reining/ranch-riding competitor, is the creator/director of Horses for Clean Water, an award-winning, internationally acclaimed horse and land management program which reduces environmental impacts on the land. Well-known for her enthusiastic, down-to-earth approaches, Alayne is an educator, writer, and photojournalist who

*See photos at:
www.sweetpepperranch.com*

has worked with horse and livestock owners since 1990. Alayne and her husband, Matt Livengood, are the creators and owners of Sweet Pepper Ranch, an eco-friendly horse motel and guest ranch.

JUNE RIDING CLINICIAN: **Barbara Dunn of Nampa, ID.** is a life-long horse person. She became a John and Josh Lyons Certified Trainer in 2007. She is a certified barefoot trimmer through Dynamic Balance Hoof Farrier and continues an extensive study of the horse's hooves. She has trained countless young horses as well as wild mustangs and has participated in many Extreme Mustang Makeovers. Currently Barbara is pursuing clinician status in Cowboy Dressage where she recently received Soft Feel national recognition. Barbara is respected for her compassion for people and animals, her awareness of safety issues, and her studied approach to horse training and horsemanship.

SEPTEMBER RIDING CLINICIAN: **Matt Livengood NRHA, ASHA & NVRHA judge/trainer/show manager.** Matt has been a National Reining Horse Association judge since 1999 and has recently added ranch riding certifications to the list. He teaches clinics on reining as well as ranch riding and ranch versatility throughout North America—and as far away as in Australia. Matt, a seasoned reining competitor, won the June 2017 Reno Extreme Mustang Makeover and is very involved in training and competing with Mustangs.

YOGA/MEDITATION INSTRUCTOR: **Audrey Wadelich, Oakland, CA.** Audrey has been practicing yoga for 15+ years. She has 400 hours of yoga teacher training and offers a soft, easy approach to teaching. Her enthusiasm results from her deep love of yoga as she teaches and shares how her yoga practice contributes to her overall well-being. Audrey has a special interest in yoga as it pertains to healthy aging. Audrey, a skilled epicurean, is also our food goddess. Audrey is a life-long horse enthusiast and has a special place in Alayne's heart as she is one of Alayne's high school horse buddies.

ALL AROUND GREAT PERSON: **Janet Gilbreath, from Glen Ellyn, IL** is another beloved high school horse friend of Alayne's and joins us as our sous chef and all-around Girl Friday. Together Audrey and Janet will prepare scrumptious and healthy food to nourish our bodies and delight our palates. Janet is also a nurse practitioner and can advise us if there are medical concerns.

FEATURED SPEAKER: Afternoons feature a speaker on a horse-related topic. Potential topics are equine bodywork, groundwork with horses, equine photography, saddle fitting, personal safety for women, or animal communications.

LOCATION: **Sweet Pepper Ranch, Nampa, ID** Sweet Pepper Ranch is a small-scale, personalized guest ranch in the high desert of southwestern Idaho. At SPR we raise and train reining and ranch riding horses and grow grass hay. We work long days exercising and training our horses, running the day-to-day aspects of an environmentally-sensitive horse keeping operation, as well as teaching lessons. Facilities include a 150 x 300' outdoor arena, two round pens, a 120 x 72' indoor arena, an outdoor washrack as well as turnouts and many stalls with runs. Guests can enjoy our solar heated

See photos at:

www.sweetpepperranch.com

pool, outdoor pergola, wireless internet, or evening bon fires. Nearby activities abound from visiting rodeos and wineries to trail riding at sunset near waterfalls or hiking painted desert canyons.

THREE-DAY RETREATS INCLUDE:

- Morning yoga, daily meditation sessions -- each session designed to improve the rider's strength and awareness; take-home techniques will be shared
- 3+ hours each day of riding instruction, plus an afternoon lecture/activity usually related to horses
- 8 meals prepared for you with (as much as possible) locally sourced, sustainable, and organic produce; take-home recipes included
- Meals will be low-gluten, low-dairy, and no red meat
- Daily afternoon free time in the pool or on the patio relaxing
- Daily happy hour
- Evening movie (equine related)

(Does not include horse/human housing -- but that is available!)

DAILY AGENDA - FRIDAY & SATURDAY:

- 7 am yoga
8 am breakfast
9 am - 11 am on horses - Ranch Riding
Noon lunch
1 pm guest speaker (equine related)
3 pm pool and free time
5 pm meditation
5:30 happy hour
6:30 dinner
8 pm movie (equine related)

SAMPLE MENU:

Breakfast

- Egg frittata w zucchini and onions

Lunch

- Sandwich buffet – deli meats, cheese slices, tomato slices, lettuce, breads and wraps, condiments

Dinner

- Sweet peppers with yogurt, Kalamata, honey
- Blueberry chicken, charred corn and avocado salad, roasted carrots with feta
- Lemon panna cotta

See photos at:

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BRING: yourself, your horse and his tack, yoga mat and yoga clothes, swimsuit... plus a healthy attitude and interest in learning. Feel free to bring a bottle of your favorite beverage to share, alcoholic or otherwise.

COST FOR THIS SPECTACULAR RETREAT: \$575

Reduced tuition waivers available in exchange for KP duties &/or ranch work: \$375

HORSE/HUMAN HOUSING OPTIONS:

Haul in each day and tie to your trailer: N/C

RV/LQ cost: \$30/day

One SPR guest room available for two: \$60/person/day (based on double occupancy)

Stalls and hay available: \$20/horse/day

Day stalls only: \$10/day

Limited number of SPR guest horses available, please inquire

Non-refundable deposit: \$200, balance due on Sunday of Retreat

MAX PARTICIPANTS: 8 participants

REGISTRATION: Alayne Bickle, alayne@horsesforcleanwater.com or 206-909-0225

REQUIREMENTS: Experienced, committed women riders interested in improving riding skills, horse/human relationships, and mind/body awareness.

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