

About Rachel & Serenity Equine Care

Rachel has been around horses all her life, and has a great affinity with animals in general. She trains horses through natural horsemanship techniques. She uses her experience as a spiritual medium to communicate with animals alive and passed. When working with a new horse she likes to find out from *them* about their past and their experiences whether good or bad. She then organises the work and training to benefit the horse's wants and needs.

"I found that I was always able to communicate with the horses on a different level and could calm down a situation quite easily, this enabled me to help train nervous or difficult horses. Many horses I have worked with over the years have suffered abuse in the past, or maybe had a serious injury which they were taking too long to recover from."

Rachel is a trainer of Paso Finos and works with them on a daily basis. Since qualifying as a Reiki Master, she has worked on horse/rider relationships as well as problem horses and, perhaps most importantly, the general maintenance of happiness and well-being.



Contact and Appointments

Please call Rachel on 07841 652237 to book your appointment and discuss your requirements.

Rachel is based in Little Cornard, Sudbury, Suffolk. Further details can be found on our Web site at: www.serenityequinecare.co.uk

Rachel can also be contacted via email at: rachel@serenityequinecare.co.uk

Prices

Reiki Initial consultation	£35
Further treatments	£30
Animal Communication	£20
Distance Healing	£20
Behavioural training initial consultation.	£30
Behavioural training sessions.	£20

Animal Reiki Courses

Reiki I (inc practical work with horses and dogs)	£90
Reiki II	£90
Reiki III	£370

Healing with Horses Course

One Day.	£75
Two Day	£140
Three Day	£210
On site B&B available	£20/pppn

Serenity

Equine Care



Equine Reiki

Animal Communication

Behavioural Training

Healing with Horses Course

Animal Communication

When you communicate with an animal you do this intuitively. You are mentally sending and receiving thoughts, images and emotions. You can do this from a distance, from a photo or with some of the animal's hair or just their name. You can also communicate with them whilst in their presence. Animals are masters at intuitive communication; they use their senses. Throughout the centuries and due to our culture and modern life we have suppressed our natural ability.

Rachel uses her ability as a psychic medium to connect with the animal and receive vital information about their happiness and wellbeing.

Behavioural Training

Rachel works with the horse and owner either at home, or at her centre in Sudbury, Suffolk. B&B and livery is available for those wanting a more intensive course of training. Many obstacles in training can be overcome with Rachel's sensitive training methods.

The Healing Power of Horses

Horses are great teachers; they allow us to learn about our inner-self. Using the healing power of horses we can release these inner emotions to create a more balanced individual with a sense of empowerment. Take part in a one day, two day or three day course and find out for yourself how the healing power of horses can help you.

We use the Paso Fino horse in our courses as they are highly intelligent and extremely sensitive creatures. During the course you will spend time with the horses and have your own horse to bond with – working together as a team to progress, healing each other along the way.

Come and join us for a magical and uplifting experience in the beautiful Suffolk countryside.

www.serenityequinecare.co.uk

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Reiki

Reiki is a hands on healing technique. Every living organism is surrounded by a life force or energy field, and Reiki practitioners access this force and use it for healing mind, body and spirit.

Equine Reiki has been proven to speed up the healing process and so it can help a horse to recover from injury. This is not the only use, for example, if there has been a change in the animal's mood or behaviour and there does not seem to be an obvious reason for this, then Reiki can help get to the root of the problem.

Reiki can also be used without there being a problem – in order to produce a well-balanced, happy horse.

Distance Healing

Healing can be conducted at a distance. This can be through the use of photos, hairs or such items. It can be beneficial for any animal and can allow for more regular treatments if necessary.

