

Luciana Diniz

"Five Days with the Masters" September, 13-17, 2017



G.R.O.W. 2 Ride Great - Program

Sept. 12	Sept. 13	Sept. 14	Sept. 15	Sept. 16	Sept. 17
Arrival time	Animal Communicaton	Mental Training	Physical Training	Meditation	Family Brunch Emotional intelligence talk
Warm welcome full of surprises	Posture Tips with Photos (Groups of 2)	Butterfly Day	Individual Coaching with the Horses	Team Coaching with the Horses	The Big Final G.R.O.W. Challenge Win a ride on one of Luciana's horses
Yoga laugh	Testing of rider levels and organization of groups (Groups of 2)	Stable Management Part 1	Intensive Butterfly Exercises	Dressage and Conditioning Training	
Goals for the week	Individual Horse Communication	Individual Mental Training Session	Stable Management Part 2	Archery Training	End of the Event
				Course Walk	
		Health Night Nutrition Guidance for Horses and Riders		Brazilian Night Music and Dancing	

The groups will be organized per levels and the course program.

LUCIANA DINIZ



Course: Five Days with the Masters
September 13-17, 2017
at Lindenhof in Wachtberg/GER

Additional Evening Program:

Tuesday, September 12, 2017

18:30 Warm Welcome to Lindenhof

Thursday, September 14, 2017

18:30 Healthy night with organic foods and juices

Saturday, September 16, 2017

18:30 Grill at the Villa with music and dancing

The investment of 4,000 Euros (plus VAT) includes:

- Hotel (5 nights for one person – two people per room). Please contact us if you would like to room alone.
- Breakfast and lunch
- Box, straw, and hay for one horse will be provided. If necessary, shavings and food can be arranged for an additional charge.

Each rider has the opportunity of bringing one person to watch if they want and that will cost an additional 500 Euros (plus VAT) per person.

There will be a maximum number of 20 participants (4 groups with five members each). You must be at least 16 years old to participate.

For any riders traveling from abroad needing a horse to participate, please contact us for further arrangements.

Contact and registration:

Luciana Diniz
Römerstraße 80
53343 Wachtberg
Germany

Phone + 49 172 6984334
grow-ld@t-online.de
www.luciana-diniz.com