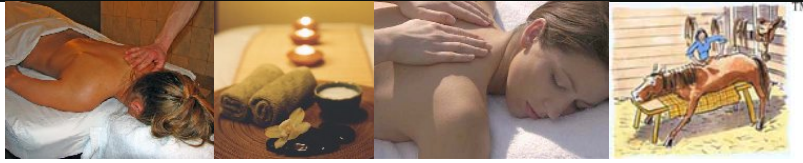


Fieldstone Farm



Fieldstone Farm is now offering a SPA DAY for you and your horse!

Join us for an afternoon of camaraderie, learning, relaxation and fun.

Welcome

Miracles are constantly occurring around us.

Serendipities abound in daily life.

The issue is not that these miracles are absent. The issue is that often *we* are absent. We are standing on a hill of diamonds, and we are looking for the gold mine beyond the next ridge.

As we reclaim ourselves, we begin to notice the extraordinariness of the ordinary. We quit *thinking* about being present and we start doing it.

Thank Goodness I have walked in circles long enough to wear the soles of my shoes so thin that the diamonds on which I stand can now get my attention.

Thank you for joining us in this special treat for you and your horse.

To start your afternoon at the barn:

Sue Schulte will be our horse massage therapist today. Sue has been doing massage on horses for 7 years. She received her training at Equi Touch, expanding her knowledge by adding in Acupressure, Reiki and various massage styles for animals and humans.

Twyla Ethen will be our Pilates instructor, Twyla teaches Pilates classes at several locations locally.

Twyla will also guide us through an understanding of how to be aware of our breathing and its affect on our stress relief.

There will be some samples and a selection of natural horse products from Equi-Spa.

I have used many of these and have found they work well and smell great besides.

Then off to a relaxing evening of massage and pampering for us.

April Christen will be taking care of those knots and aches with a 20 minute table
massage.

While you relax and wait for your massage, you will enjoy a manicure or pedicure
provided by
Maria from Joseph's Hair Salon of St. Joseph, and partake in a little refreshment and
conversation with fellow horse lovers.

For those of you that bring horses in:
Please bring hay and grain for your horse's evening meal.
I will provide a stall for their relaxation while we take care of ourselves.

Spa Day will start at 3:00PM.
If you are bringing in a horse please feel free to bring your horse in any time after 2:00.
Please have a Negative Coggins.

If your horse has a case of the sniffles please let Teresa know so she can plan
accordingly.

If you want to ride in the arena before the spa, let Teresa know what time you will be
arriving.

There will be no extra charge for arriving early to ride.

The heat will be on, the work week is over, it's time to relax.

Please feel free to contact Teresa for any other info you require, or any questions you
have.

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