



INDIVIDUAL TOURS - HORSES COLORS AND SEA - COACHING IN BEING
1 week (8 days / 7 nights) on a horse farm near Tunis or as an individual trip
Tour guide Martina Marquart

Dates on request - below in contact
Price for one week: 880 Euro per person, without flight
We can help with the flight booking

Services of the journey:
Transfer from / to Tunis Carthage Airport
Overnight stay in simple accommodation, shower and toilet
Full board (*Tunisian, Mediterranean, mainly vegetarian*)
6 hours horse riding (*instruction for beginners, rides for advanced, maximum rider weight 80 kg*)

additional bookable:
Energetic coaching
Excursions (*Medina of Tunis, artists Sidi Bou Saïd, Carthage*)

You need a passport with at least 6 months validity at entry and a foreign health insurance, which you can book as a travel insurance ev. together with the flight. That's all that comes to my mind right now. I like to answer questions

Horseback riding is possible for both beginners and advanced skiers as well as on-track lessons. Excursions and much more

The horse farm

The project came about on its own when I was given a behavioral stallion that nobody wanted anymore and who, if there was no room left for the horses, should be killed. For me, the question was answered quickly, I take this horse, I spontaneously decided it out of my heart. Gradually, several other horses were added, all with a sad story. Over time, they have all regained their equilibrium and are now living in small mixed groups, currently 9 in number. The first foals Einstein and Sama were born this year. My dogs as well as two cats have also come to us from the street. I have leased a sub-farm north of Tunis, all around fields to the sea, not far away a partly wooded ridge, eucalyptus and olive trees, on the ridge you have a great view of the capital. The nearest village is 3 km away, you can go there by bike to make small purchases. The sea is a few kilometers away, the beach about 10 km. By public transport you can reach the nearby cities of Ariana and Tunis. The airport is about 30 minutes away

Itinerary:

1st day Saturday Pick up from the airport Tunis Carthage, accommodation and comfortable arrival, getting to know the horses, dogs and cats of the horse farm

2nd day Sunday With the help of stable work, I feed the horses and mate the boxes and paddocks, if you want you can help as a guest decide freely - afterwards a cozy breakfast, depending on the weather on the terrace or in the house, Preparation of horse / horses for riding lesson or ride in the area (*fields, ridges above Tunis, beach*) Lunch break and chill-time for reading, painting, bawling, staying with the animals after the stable work in the evening dinner, campfire

3rd day Monday Breakfast, excursion to the medina of Tunis, flexible program return to the horse farm

4th day Tuesday like 2nd day riding and an intuitive afternoon

5th day Wednesday as 2nd day i. Have breakfast, horseback riding, chill out in the afternoon, or time for energetic coaching or painting or whatever else is coming up

6th day Thursday Breakfast, excursion to the beautiful artist village of Sidi Bou Saïd, which was already immortalized by August Macke and Ernst Klee,

depending on the temperature of swimming in the sea, even today flexible program with regard to meals and return to the horse farm

7th day Friday last day, time and space to chill out or energetic coaching or riding, painting or whatever else comes up

Day 8 Breakfast and departure, transfer to Tunis Carthage Airport

The COACHING in BEING

Healer work with horses in the healing work direct encounter / contact with the nature of the four basic elements earth, water, fire and air takes place. Horses require authenticity, mindfulness, presence, all 4 elements are required here. In the interaction with the horse so intense introspection becomes possible and the horse shows us where we are unbalanced with the 4 essentials. Thus, through the inner work with horses, we can harmonize and strengthen our four essentials of action, feeling, willing and thinking, centering ourselves in our spirituality and bringing ourselves to our full power Coaching - even without horses Issues that create pressure, blockages, can show themselves and be dissolved

Martina Marquardt describes herself on the basis of her observations to her many years of work for humans and animals as a catalyst. Often the presence is enough to trigger or accelerate a development. With various tools tailored to the individual, it provides impulses that make subjects visible, dissolve blockages, harmonize them, enable new clarity and alignment. Clearing - Balancing - Focusing. Quite simply in and out of being

Martina Marquardt Sté Cheval Coaching Communication Tunisia / Consulting - Coaching - Mentoring for humans, for horses, for people with horses

