

<b>DUDGELEY TREC RETREAT 17-20 April 2026</b>	
<b>FRIDAY</b>	
<b>Arrivals after 13.00. The car park may be full if you arrive before this time</b>	
Please park up by the arena (see plan in Arrival Pack). Remember to text Julia on 07515721963 with estimated time of arrival.	
Setup your coral (refer to arrival pack) before you unload your horse. If you have booked a stable then you can use the stable from 1pm.	
<b>Welcome to Dudgeley in the Lounge. Bring your favourite tippie, get to know everyone before dinner in the lounge (if you don't already)</b>	
<b>Dinner served at 19:30 in farmhouse kitchen</b>	
<b>Main</b>	Cottage Pie and fresh vegetables or Traditional Fish pie with fresh vegetables, or Wild Mushroom Stroganoff (V),
<b>Desert</b>	Chocolate Cheesecake with Toasted Hazelnuts (N) or fresh fruit
<b>SATURDAY</b>	
<b>Self Serve Breakfast in kitchen</b>	
Group A (Experienced)	Group B (Novice)
Susan Martin	Bethan Pryce Lewis
Becky Jury	Alma Gabriel
Liz Beddows	Sharon Lewis
Jo Jenkinson	Karen Smith
Anne Warner	Yvonne Baybutt
	<b>8.00 - 8.45 Yvonne: 45 mins private lesson with Helen</b>
9.00-11.00 PTV & MA with Helen Wain	9.00-11.00 Navigation workshop
11.30-13.30 Hacking or optional extras <b>11:30 Ann: 30 minutes Coaching</b>	11.30-13.30 PTV & MA with Helen Wain
14.30-16.30 Navigation workshop	14.30-16.30 Hacking or optional extras <b>14:30 Yvonne: 45 minutes hypnotherapy</b>
<b>17:00 - 18:00 Map Room Practice with Helen in Kitchen</b>	
<b>19:30 Dinner served in farmhouse kitchen</b>	
<b>Main</b>	Beef or Vegetable Lasagne salad & garlic bread
<b>Desert</b>	Sticky Toffee Pudding with Sticky Toffee Sauce and ice cream or fresh fruit

SUNDAY	
<b>Self Serve Breakfast in kitchen</b>	
8.00-9.00	
<b>Holistic Therapies with Sunita</b>	
Group A (Experienced)	Group B (Novice)
	<b>8:00 Karen 1 hour Semi Private £40</b>
9.00-11.00 Hacking or optional extras 9:30 Ann: 90 minutes holistic therapies with Sunita	9.00-11.00  Navigation workshop
11.30-13.30 Navigation workshop	11.30-13.30 PTV & MA with Helen Wain
14.30-16.30  PTV & MA with Helen Wain 17:00 Susan: 45 minutes holistic therapies with Sunita	14.30-16.30 Hacking or optional extras 15:30 Yvonne: 1 hours Holistic Therapy with Sunita
17:00 - 18:00 Map Room Practice with Helen in kitchen	
Dinner served at 19:30 in farmhouse kitchen	
<b>Main</b>	Traditional Steak and Ale Pie with fresh vegetables & potatoes or Moroccan Spiced Pie with fresh vegetables & potatoes (V)
<b>Desert</b>	Hazelnut & Raspberry Meringue or fresh fruit
MONDAY	
<b>Self Serve Breakfast in kitchen</b>	
Vacate Bedrooms by 10.00	
Vacate Corrals & Stables by 12.00	
Thank you for supporting Your Horse is Your Mirror.	
Safe Drive home & see you next year!	

