



MOITA NOVA EQUESTRE

RIDING PROGRAMS

We offer themed riding programs focusing on Gymnastic Dressage, Harmony in Movement, and Equine Communication

Each week includes practical and theoretical lessons tailored to your level and interests. You can also customize your experience with activities like visiting the herd, lunge & seat lessons, riding sessions, and trail rides. All of our riding programs are available in English, Portuguese, or German.

DRESSAGE GYMNASTICS

This dressage program will give you the tools and techniques to foster the healthiest training for your horse. Informed by Philippe Karl's teachings, we emphasize that effective training accommodates every horse's unique abilities and movement. Our theory and hands-on sessions will improve your influence as a rider in order to refine your horses balance, flexibility and suppleness. Explore equine biomechanics, improve your skills, and learn from our seasoned trainer's tailored approach individualized for you.



Daily Focuses

- Day 1 - Equine Exploration and Riding Theory
- Day 2 - Rider Influence and Riding Evaluation
- Day 3 - Balance and Position
- Day 4 - Flexibility and Control
- Day 5 - Fundamental Riding Skills

€ 600 p.p.

SEAT & BODY

Join us for a transformative riding program aimed at finding harmony and wellbeing between horse and rider through tailored seat and balance training. We use Franklin balls for tactile feedback as well as ground exercises to improve range of motion and flexibility. Our aim is to help you develop an independent seat as well as soft and precise aids. By the end of the week you will move with more balance and confidence feeling an improved union with your equine partner.

Daily Focuses

- Day 1 - Fundamental Riding Principles
- Day 2 - Rider's Seat and Equipment Influence
- Day 3 - Posture Improvement
- Day 4 - Achieving Balance
- Day 5- Advanced Equestrian Exercises



€ 600 p.p.

MOITA NOVA EQUESTRE RIDING PROGRAMS

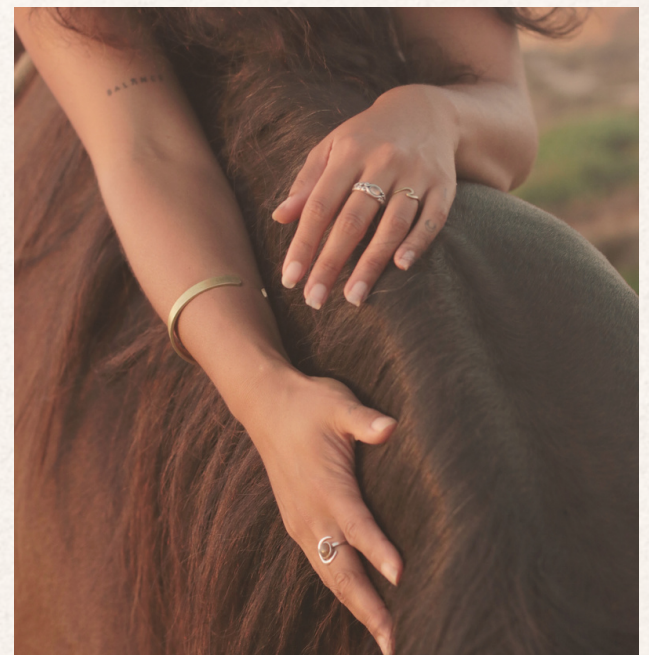


IN “TOUCH”

This program is designed to immerse you in the world of **equine wellbeing**. Observation, an introduction to touch and massage, and the comprehensive ‘approach’ technique, will teach you to better read and respond to a horse's body language. Build your confidence and understanding through an exploration of the horse's anatomy as well as by way of ground work exercises, pyciothaputic training and rehabilitation techniques. This workshop promises to deepen your bond and enhance your communication with horses. There is the option to bring own horse

Daily Focuses

- Day 1 - Observations and Massage Techniques
- Day 2 - How to ‘Approach’
- Day 3 - Practice Touch
- Day 4 - Understanding Equine Energy
- Day 5 - Combining Touch with Training



€ 600 p.p.

KIDS WEEK PROGRAM

AGES 5 - 12- ALL LEVELS WELCOME

Something for everyone; spend time getting to know your horse in the field, the box and the paddock. Practice how to groom and tack, how to ride , how to lead your horse confidently through any space, take a trail ride on the dunes and on our final day put it all together for a morning of fun and games with your horse. Take home an activity booklet and a diploma. Group size minimum 2 with a maximum of 4. Private session upon request

Daily Schedule : 8h00-9h00: Horse Feed-Clean-Care / 9h30-10h00 : Group breakfast / 10h00-11h00: Groom, Care & Cuddles / 11h00-13h00: Riding activity



Itinerary

- Day 1 - Safety and Grooming: Builds trust and teaches horse care
- Day 2 - Lunge Lessons: Develops riding skills and confidence
- Day 3 - Leading: Practices Guiding skills in a circuit
- Day 4 - Guided Trail Ride or Lesson: Applies riding skills in an outdoor setting
- Day 5 - Fun and games arena obstacle course on and off the horse: Combines all the skills learned over the week

€ 500 p.p.



MOITA NOVA EQUESTRE

CRAFT YOUR EXPERIENCE

BESPOKE RIDING PROGRAM

An equine program crafted to suit your specific wants and needs. We offer a choice of activities adapted to your level and interests designed to meet your aspirations, be they riding benchmarks, reconnecting with horses, experiencing riding for the first time or learning techniques to help you with specific issues. Our highly experienced instructors are experts in horsemanship, seat and body awareness, equine biomechanics and practice a harmonious approach to every aspect of equine interaction.



Activities can include but are not limited to:

- Herd visits and observation
- Bespoke lunge, seat, and riding lessons
- Guided tours or trail ride
- *First Contact with the Horse: Lines of Communication*
- *In touch with the Horse: Touch and Introspection*
- *Seat and Body: Moving in Harmony*

€750 - 1 pax or €650 p.p. for 2+ pax

EQUESTRIAN EXPERIENCES

Whether you're a novice seeking to embark on an equine journey or an experienced rider aiming to refine your expertise and connection, we have a selection of comprehensive experiences that cater to diverse skill levels and aspirations.

- Riding included
 - Private riding lesson
 - Trail ride
 - 1st Contact with Horses
 - *Seat and Body: Moving in Harmony*
 - *First Contact with the Horse: Lines of Communication*
- Riding not Included
 - *In touch with the Horse: Touch and Introspection*
 - *Groom, Care and Cuddles*



€25 to €65





MOITA NOVA EQUESTRE

TERMS & CONDITIONS

Booking Programs & Experiences

- To book any riding programs or activities, email moitanovaeq@gmail.com with the name of the riding program or activity you wish to book, the desired dates, and total number of participants. (a questionnaire will be forwarded to you to ascertain level)
- Riding programs must be booked a minimum of 30 days before the intended start date.
- Equestrian experiences must be booked a minimum of 48H in advance
- Please note that riding activities are not available on weekends, and riding programs run Monday to Friday.
- For an ultimate riding program experience, a minimum of 6 nights' stay is required. This guarantees that check-in and check-out schedules won't interfere with your full participation in the 5-day program.
- A 10% discount on our accommodation is applied when booked in conjunction with a 5-day riding program. The discount is applied to the total cost of the accommodation, not per person.
- All programs are adaptable, with potential modifications based on specific needs, riding experience, and weather conditions.
- If there are multiple guests who wish to participate in a riding program during the same dates, the theme of the riding program is determined on a first-come-first serve basis by the first guest to book.
- Maximum of 4 participants per riding program.
- All participants in riding programs and activities are required to sign a liability waiver before starting. For children under the age of 18, this waiver must be signed by their parent or legal guardian.
- For the safety and wellbeing of our horses, we have a 85/90Kg weight limit for all riding activities.

Payment & Cancellation Policies

Riding Weeks & Equestrian Experiences

- Riding programs and equestrian experiences are non-refundable and payable in full upon booking.

Accommodation

- To confirm your reservation, a 50% deposit is required upon booking, this deposit is non-refundable, unless cancellation is made within 24H of booking via email to info@moitanova.com.
- No modifications nor cancellations are allowed less than 14 days before the scheduled check-in date.
- 100% of the reservation will be charged for no-shows and cancellations made less than 14 days before the scheduled check-in date.



For more information and for any questions regarding riding weeks or activities please contact our riding instructor Anna Gabteni via phone call, text, or WhatsApp on +351 967 218 594 or by email at moitanovaeq@gmail.com