

# Inspired By Horses



# 29 Five Star



## Reviews

**MindFelln'Us  
Martha & Co**

**28th October 2022. Izabela Bednarska GB.**

“My daughter and myself really enjoyed this magnificent experience with Anna and her horses Martha and Ginger. We will never forget that... Anna was so lovely and kind individual, with an open mind and beautiful heart. We really appreciate everything she is done for us.”

**6th October 2022. Abi Phillipson,  
Kingston upon Hull, UK**

“This is an amazing experience! Anna has an amazing ability to put you in a state of peace and you feel in a safe space. Martha and ginger are just incredible and if I had the choice I could have been in their presence all day. I went in with an open mind and heart and I found this experience to be very profound for me so much so that I am looking at going back to do more with Anna and the horses. I would recommend you do this, go all in with an open heart and mind and you won't regret it. Thanks Anna, ginger and Martha xx”

**18th August 2022. Akmul Ali, GB**

“An amazing day with an even more amazing host! The horses were absolutely fabulous and we both took away so much from the experience. Can't thank you enough and will definitely recommend!”

**2nd June 2022. June 2. G Wallo, Salford, UK.**

“Excellent”

**2nd May 2022. Atul Mittal, New Delhi, India.**

“I booked this experience out of sheer luck. I was fascinated by being around horses and being close to nature. This experience had something else in store for me. The conversations with

Anna were deep and insightful. She taught me how to control my energy levels in the serene setting of Peak district. The experience of being around the horses was life changing. Just being around them, learning about each other, and myself at the same time. This was my most memorable experience from my trip. Will be yours too if you go. Wait till you meet Martha.”

## **Inspired by Horses, Greenshutters Herd**

**3rd March 2020. Fiona Cran, Monmouth, Wales, United Kingdom**

“I had such a wonderful, fun and friendly experience with Anna, Katie, Marley and Pepper-Anna and the equine team were wonderful teachers and I cannot recommend this experience enough; Anna is such a kind soul with lots of knowledge and really understands how to be with horses. I learned a lot of things that I will take away with me and continue to use in the future. I highly recommend this class wether you have lots of or little experience with horses. Thank you again Anna!”

**14th February 2020. Michelle Flower, Sheffield, England.**

“A lovely experience, Anna is so friendly, kind and understanding.”

**28th October 2019.. Helena Brailsford, England, United Kingdom**

“Wonderful and unique experience in a lovely setting, will be going back.”

**28th October 2019. Jacqueline Jouannet, Bollington, England.**

“A wonderful experience - couldn't recommend Anna and the horses highly enough. A really special afternoon that has been enormously therapeutic for me.”

**1st November 2019. Lara Edwards, England, United Kingdom.**

“My daughter thoroughly enjoyed the experience and would head back in a heart beat. Gentle ponies and a lot of insight gained, many thanks Anna we will return when we are next in the Peaks.”

**29th October 2019. Selina Mills, Whaley Bridge, England.**

“My daughter & I had such an interesting couple of hours with Anna. Our experiences were very different - she loved it, I felt more challenged - but I gained a new depth of experience around energy. Amazing!”

**19th September 2019. Jamie McMillan, Canada**

“A uniquely wonder-full experience! Thank you Anna for sharing your insights and for introducing us to, and allowing us to have such a special experience with such knowing horses.”

**10th September 2019. Jo Williams, Widnes, England.**

“I’m struggling to find the words to adequately explain the truly magical, spiritual and life-changing experience I had with Anna, her horses and of course Pepper the dog. Anna made us feel welcome, safe and calm when we arrived and taught us tools to use during our experience but also in our busy lives. The structure of the experience really helped us grow in confidence around the horses but also in trusting our senses. I’m still pondering in awe at the deep connection I felt with these majestic beings. The final exercise was a powerful one where one of the horses accompanied me on a journey of sorts to begin healing emotionally after surviving cancer. I’ll definitely be back to continue this. Things happened during our time with Anna and her horses which I can’t explain but have had a profound effect on me. Experiencing it with my partner allowed us unexpectedly to understand more about our relationship and brought us even closer together. I spent a little time as a child with a friend’s horses but have never had riding lessons but this wasn’t a barrier at all. Anna empowered us to share a magical experience with her horses which left me humbled, awe-struck and deeply respectful of them. I will definitely be back to continue the healing journey I started today.”

**25th August 2019. Akilah Jeffers. Wolverhampton, England.**

“I really enjoyed this experience with Anna. She was extremely helpful with logistical assistance, as we are not from the local area. It was helpful to have suggestions re how to travel to the location (which is very pretty), as well as what to do in the surrounding area. The horses were lovely, and I felt that Anna was very knowledgeable about horses, and about how best to connect with them. I am an experienced rider but my partner isn’t, but we still gained a lot from the experience. Anna was also very friendly and patient. I really enjoyed working with her.”

**17th August 2019. Karoline Strauss, Maisons-Laffitte, Île-de-France, France.** “A very special experience! We'll be back”

**11th August 2019. Gabrielle Fundaro, Lawrenceville, Georgia, US.**

“Anna is such a lovely, kind person, and the whole experience was transformative. Everyone's will be different, and that's the point. :) I loved the structure and flow of my time with her, Pepper the pup, and especially little Marley. I'll never forget this day.”

**8th June 2019. George Andruszkiewicz, London, England.**



“Four of us booked this experience, some of us had some experience of riding, but it did not require getting on a horse. As a wellness experience its aim is to allow you to make some discoveries about yourself. Personally, as a townie, with no previous experience of horses, I found the connection that I had made with Anna's guidance both intriguing and unique. She has a special ability around these animals, and is able to create a sense of magic that I suspect very few others can achieve. If you get the chance, do it.”

**4th June 2019.:Teena Lyle, Hayes, England, United Kingdom**

“Just like my first time, my second visit was so special and moving. Never underestimate the power of working with Anna, lovely Pepper the dog and her 3 wonderful horses. I learnt so much and came away feeling healed and empowered.”

**Deeply Inspired by Horses**

**29th March 2019. Laurence Crossman-Emms, Wales, UK.**

“Our day with Anna couldn't have been better. A beautiful day in the Peaks, horses, sun shine and some personal reflection time. Both of us who attended thoroughly enjoyed the day and came away feeling we had learnt something about ourselves, each other and horses. Anna was very knowledgable and made us feel at ease the entire day! Thank you”

**1st April 2019. Tricia Gough, Sheffield, England, United Kingdom**

“This was a great experience, full of fascinating information about animal and human communication, health and interesting relaxation techniques in a beautiful countryside setting.”

**5th March 2019. Teena Lyle, Hayes, England, United Kingdom**

“What can I say? My mind is officially blown by Anna's warmth, dedication and knowledge. Her preparation work with me before meeting the horses was thorough, engaging and encouraging. My experience with the horses was magical, comforting and I have come away with such a strong connection and image of these beautiful creatures during the time I spent with them. I have a lasting picture in my mind's eye of some magical and moving moments that make my heart sing when I recall them. . I have learnt trust, respect and deep connection with these animals for which I am truly grateful . I am definitely going back for more! Thank you to Anna, lovely Pepe the dog (who calmed me down with cuddles) and all of the precious horses 😊”

**23rd February 2019. Stacey Brady, Woronora, New South Wales, Australia**

“We had a great time with Anna and the horses. Unfortunately 2 hours is just long enough to skim the surface but we both got a lot out of the experience and came away

from it feeling quite peaceful. We were lucky enough to have a beautiful sunny day which definitely helped, and the dog therapy was an added bonus! Would definitely recommend!”

**11th February 2019. Katy Lewis, Newport Pagnell, England.** “Really enjoyable session. Would highly recommend. I was amazed at the connection I made with the horses. Anna was a great host, helpful, knowledgeable, kind and I came away wanting to be her!”

**30th December 2018. Mary Renshaw, Congleton, Cheshire.**

“I thoroughly enjoyed Inspired By Horses Anna is such a lovely warm, easy going person and exudes a real enthusiasm for the benefits of EFL. I came feeling refreshed after spending time with the horses in such a beautiful location I. This is a great way to step outside the hourly burly of life and reconnect with yourself.”

**December 2018. Georgina Evans, Nottingham, England.**

“Fabulous adventure into myself for the afternoon 😊👏”

**December 2018. Elis Chai, Singapore**

“I had a wonderful time. Anna was exceptionally friendly and a very warm hearted person. The experience itself was therapeutic and I will recommend anyone to make a trip to meet Anna and her lovely place.”



Anna ran a very informative and professional EFL session. It was a amazing way to understand our own feelings and emotions with the horses.



**Erika**

11 Nov 2018

Amazing experience. My first time doing equine-facilitated learning of any sort and I didn't know much about what to expect going in. Anna has a very easy-going approach, very easy to talk to and easy to be yourself around. Really loved working with her and the horses (she's got a really cute dog too!) and would certainly do it again. It felt like even in a short time I was on the verge lots of insight and personal growth. I would recommend this experience to just about anyone even if you're not as familiar with being around horses as others. Anna definitely tries to make the experience as specific to your needs as possible.



**Yvonne**

21 Oct 2018

Brilliant, wonderful and amazing experience. I loved the whole thing as much as I love the horses. The healing by the horses was magical. The area was beautiful and easy to get to. 10 stars!



**Gideon**

23 Aug 2018

A wonderful and unique experience. Anna was knowledgeable, yet patient. She approached the session in a really open and positive way and we thoroughly enjoyed our time with the horses. If you're looking for a unique experience that will bring you more self awareness, as well as a better understanding of animals, this is for you. Thank you Anna for a fabulous afternoon.



**Alys**

17 Aug 2018

I loved this experience, not only with Anna who is really gifted at what she does, the horses were wonderful to connect with and the whole experience was really profoundly awakening and connective for me. Thank you so much <3

