



RIVERHOUSE

OPERATION CENTAUR RETREAT SUNDAY SCHEDULE

12:30PM - ARRIVAL & SEASONAL LUNCH

We gather at the Bingham Riverhouse for a seasonal lunch - an invitation to exhale, set down the weight of daily life, and begin the journey inward.

2:00PM - FOREST BATHING:
MINDFULNESS WALK TO RICHMOND PARK

We begin a guided Shinrin-Yoku walk through Petersham Meadows and Terrace Gardens. In silence, we cross thresholds - of meadow, hill, and woodland - tuning into the senses and letting nature soften the mind. This 90-minute walk culminates at Richmond Park, where the horses await.

4:00PM - EQUINE SESSION | PRESENCE

At Operation Centaur's peaceful paddocks, you'll meet the horses - not to ride, but to connect. Horses reflect only what is present - not what is performed. In their company, we begin to notice what is real, what is masked, what has been forgotten, and what is waiting to be reclaimed.

6:00PM - RETURN AND REST

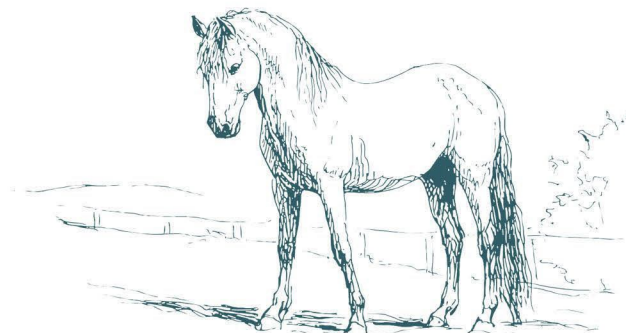
Return to the Riverhouse. Time for tea, journaling, a quiet moment on the balcony, or rest.

7:00PM - DINNER

A three-course, plant-forward meal served in a space held for either gentle conversation or reflective silence, depending on your needs.

8:30PM - EVENING TALK

"The Wisdom of Stillness: What Nature and Horses Teach Us About the Self"
In The Drawing Room, we gather for a candlelit evening with Dr O'Hanlon, who will share insights into how horses and nature reflect our internal truths. Through story, psychological reflection, and gentle inquiry, she offers a guide to living with authenticity, presence, and quiet strength.



Bingham

RIVERHOUSE

OPERATION CENTAUR RETREAT MONDAY SCHEDULE

7:30AM – YOGA & MORNING MEDITATION

We welcome the day with gentle movement and stillness
in the Riverhouse's sunlit yoga space.

8:30AM – BREAKFAST AT LEISURE

A slow breakfast served in the Riverhouse Restaurant.

10:00AM – EQUINE SESSION II: EMBODIED TRUTH

Returning to the horses, we go deeper — exploring boundaries, trust, and
authenticity. Here, quiet insights are felt in the body, and reflection becomes
lived practice.

12:00PM – CLOSING LUNCH
& INTEGRATION CIRCLE

Back at the Bingham Riverhouse with tea & gut health muffins.
You'll receive a thoughtful set of keepsakes - both practical and
symbolic - to support your ongoing practice.

2:00–4:00PM – OPTIONAL SPA WIND-DOWN

Guests may enjoy additional time for rest, reflection,
or a pre-booked treatment before departure.

