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Luxurious TUSCAN Farmhouse, Casetta,

Announces An Emotional-connecting
Equine Experience With Alterreno



As we come into warmer weather and travelers are more focused on self-care and personal journeys, Tuscany-based Casetta has announced a new equine therapy experience created for intuitive interactions between horses and humans. Casetta has partnered with Alterreno and launched a new immersive experience called "The Equine Experience at Casetta." Guests who book all five guestrooms of the Casetta farmhouse can set off on a powerful journey of self-discovery over the course of three days.

The Equine Experience at Casetta for a group of six guests includes a welcome dinner, the full house (five guest rooms with ensuite bathrooms), daily country breakfast, daily maid service, lunch, teas, and drinks, and an immersive experience with Alterreno horsemanship experts for an all-inclusive price of €11,400. (\$12,911 in USD) Transportation provided for an additional fee upon request.

Guests will be provided with a three-day itinerary after discussing goals and what they hope to gain out of this experience:

Day 1

The journey commences as you will be introduced to your horse companion and will start to form an emotional connection in a judgment-free space. The bond that you form will provide you a deeper understanding and realization of how you, as a human being, can form a connection with your inner self and your place in the world. As you help your horse companion complete simple tasks throughout your journey, the horse will serve as your guide to self-reflection.



Day 2

As you continue your journey in self-reflection, prepare to dive deeper into this experience by learning how to face your greatest challenges head on. Once you identify what your obstacles are, you will be one step closer to figuring out what your "assistants" are. In short, this is the day that you will experience the makings of a hero by realizing how powerful knowledge is as you dive further into your journey of self-discovery.

Day 3

On the final day of your self-reflection journey, it's time to quash your obstacles and explore new beginnings. With your equine companion by your side, you get to practice your new ways in a risk-free and judgment-free space. By the end of this self-reflection journey, you should be able to develop realistic resolutions and be committed to change as you develop a deeper understanding of yourself and how you connect with others in the world.

For more information, please visit www.casetta.net.



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About Alterreno

Alterreno is a contemporary equestrian facility in Italy designed with horses in mind. Situated in a beautiful rural part of Tuscany that is easy to reach from the cities of Pisa and Florence, Alterreno was designed to make horses lives pleasurable mentally and physically.

Founded by horsemanship expert and horse development specialist Angelika Schneider, Alterreno offers equine-based therapy, horse training, coaching, livery, clinics, lessons and caters to corporate retreats. For more information, please visit <https://alterrenoquestrian.com/>.



About Agriturismo Casetta

Casetta is a 270-year-old luxury farmhouse, known for its charm and distinction, located on 90 acres in the Chianti region in Tuscany, a half hour from Florence. Welcoming guests for the last thirty years, owner Xenia Lemos is known as a warm and welcoming host whose singular joy is creating memorable experiences for her friends and guests. Experiences include customized art history excursions, guided mountain biking, hot air balloon rides, truffle hunting, cooking lessons, touring vineyards, special Chef dinners with live music and dancing, and spa services on-site customized for guests. Casetta is available for booking entire groups for weekly private stays or individual stays. For more information, please visit www.casetta.net.

