

Working Farmscape Retreats



CARLISLE ACADEMY
at Spring Creek Farm
RETREAT CENTER



Nature, Resilience, Wellness

Working Farmscape Wellness Retreats are ½ day retreats for individuals interested in the everyday management of a working livestock and crop farm. Holistic and regenerative farming using tractor and draft horse-power provides viable agricultural models and helps us connect to the land and one another in a purposeful, authentic way. Participants will work shoulder-to-shoulder 4 hours per day helping to harvest hay, spread compost, rotationally graze sheep, perform numerous maintenance tasks, and extract fire and pulpwood from our woodlot. Environmental conditions and the seasonal rhythms of the farm will define our activities. Participants also receive ground-based education in livestock handling to better understand animal temperament, herd/flock dynamics, non-verbal communication, and trust.

DAY RETREATS

Timeframe: May 1-October 31

Cost: \$250 per person

We will take 2-4 people per retreat, and the date and time is arranged ahead of time, pending weather and individual schedules.

NO HORSE EXPERIENCE REQUIRED

All workshops focus on the human/horse interaction and not on acquiring or practicing horsemanship skills. There is no horseback riding in the workshops. All activities are conducted on the ground.

Please contact us at [207-985-0374](tel:207-985-0374) or info@carlisleacademymaine.com and let our team customize a retreat experience for you.

"The Working Farmscape program has been, without a doubt, a positive and powerful learning experience. Between working in the fields, the woods, with the horses and learning new trades, not many Veteran programs out there are this rewarding and give you a great sense of accomplishment." -Brandon T., U.S. Military Veteran

Carlisle Academy operates out of Spring Creek Farm in Lyman, Maine. The farm is located on 150 acres of lush, rolling fields, secluded woods and trails, offering a peaceful and dynamic natural environment each season of the year.

www.carlisleacademymaine.com

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