

NEWSLETTER

EQUESEANTIAL WELLNESS & STABLES



EQUINE ART, GIFTS & EQUINESHARED EXPERIENCES
Sustainably-Conscious & Woman-Owned

At EqueSeantial Wellness, Raine and I feel that our heartfelt purpose is to help you create, experience and live your best healthy life through Art ♥ Horses ♥ Wellness.

WHAT'S RAINE BEEN UP TO?



EQUESEANTIAL LADIES NIGHT
PAINTBRUSHES ♥ PONIES ♥ POSITIVITY



HEARTFELT HOOFPRI DAYRETREATS



OPEN STUDIO
SATURDAYS



EQUINESHARED EXPERIENCES

ART

PAINT ♥ WRITE ♥ CREATE

We are artists and authors. We will color imperfectly perfect. We will learn about sustainability, while using earth-friendly and ocean-friendly art supplies and materials to create in the company of horses.

HORSES

DISCOVER ♥ EXPLORE ♥ LEARN

We will discover horses. We will explore and encounter their true authenticity and share space with them, while learning their anatomy, their nutrition, grooming and care, the many values they teach and more.

WELLNESS

MINDFULNESS ♥ NUTRITION ♥ EXERCISE

We will take time to breathe and enjoy the outdoors. We will listen to nature, our inner self and observe horses while revealing our passion, gifts and good, better and best choices for nourishing and exercising our mind, body and soul.

HAPPY ANNIVERSARY EQUESEANTIAL WELLNESS

On July 30, EqueSeantial Wellness, LLC celebrated our three-year anniversary. What an extraordinary journey we have been on so far. Raine and I can't wait to show you what we have planned on the easel and on the calendar for EqueSeantial Designs by Doreen and EqueSeantial Wellness & Stables.

We are grateful for you and appreciate all your support!

♥ Raine & Doreen



WELCOME TO 366 DAYS OF RAINE

Your daily dose of inspiration, positivity and creativity

www.equeseantialwellness.com/
366-days-of-raine

EVENTS AT EQUESEANTIAL WELLNESS & STABLES

SEPTEMBER 2023

WEDNESDAY, SEPTEMBER 13 ~ 7-8:30PM EQUESEANTIAL LADIES NIGHT

Paintbrushes ♥ Ponies ♥ Positivity
Non-Member Price \$45
VIP Member Price \$36

SATURDAY, SEPTEMBER 16 ~ 11AM-3PM OPEN STUDIO SATURDAY & WORKSHOP

Workshop "The Color Orange" at 1pm
Price \$12

SATURDAY, SEPTEMBER 23 ~ 12:30-4PM HEARTFELT HOOFPRIENTS DAYRETREAT

Hoofprints & Heartprints ~ Finding Your Joy
Non-Member Price \$65
VIP Member Price \$39

OCTOBER 2023

WEDNESDAY, OCTOBER 11 ~ 7-8:30PM EQUESEANTIAL LADIES NIGHT

Paintbrushes ♥ Ponies ♥ Positivity
Non-Member Price \$45
VIP Member Price \$36

SATURDAY, OCTOBER 14 ~ 11AM-3PM OPEN STUDIO SATURDAY & WORKSHOP

Workshop "The Color Purple" at 1pm
Price \$12

SATURDAY, OCTOBER 21 ~ 12:30-4PM HEARTFELT HOOFPRIENTS DAYRETREAT

Wellness for the Holiday Season ~ Mindfulness & Art
Non-Member Price \$65
VIP Member Price \$39



NOVEMBER 2023

WEDNESDAY, NOVEMBER 8 ~ 7-8:30PM EQUESEANTIAL LADIES NIGHT

Paintbrushes ♥ Ponies ♥ Positivity
Non-Member Price \$45
VIP Member Price \$36

SATURDAY, NOVEMBER 11 ~ 11AM-3PM OPEN STUDIO SATURDAY & WORKSHOP

Workshop "The Color Red" at 1pm
Price \$12

SATURDAY, NOVEMBER 18 ~ 12:30-4PM HEARTFELT HOOFPRIENTS DAYRETREAT

Gratitude ♥ Thankful ♥ Kindness
Non-Member Price \$65
VIP Member Price \$39

SAVE THE DATE
September 30 at 4:30pm
VIP MEMBERS
POTLUCK BBQ
CALL 330.416.7955 TO RSVP

LIVE CREATIVELY



EQUESEANTIAL DESIGNS

by Doreen



Burning River Ranch Boutique

Did you know that you can find EqueSeantial Designs by Doreen sustainably conscious inspirational cards, stickers and fine art prints at Burning River Ranch Boutique?

Ashley is the lovely owner and she carries beautiful western wear, boots, amazing gifts and jewelry, and my exclusive Heartfelt Hoofprints Moonin' Around Series cards and fine art prints that you will only find at Burning River Ranch Boutique.

Burning River Ranch Boutique
at The Common Ground
220 N State Rd, Medina, OH 44256

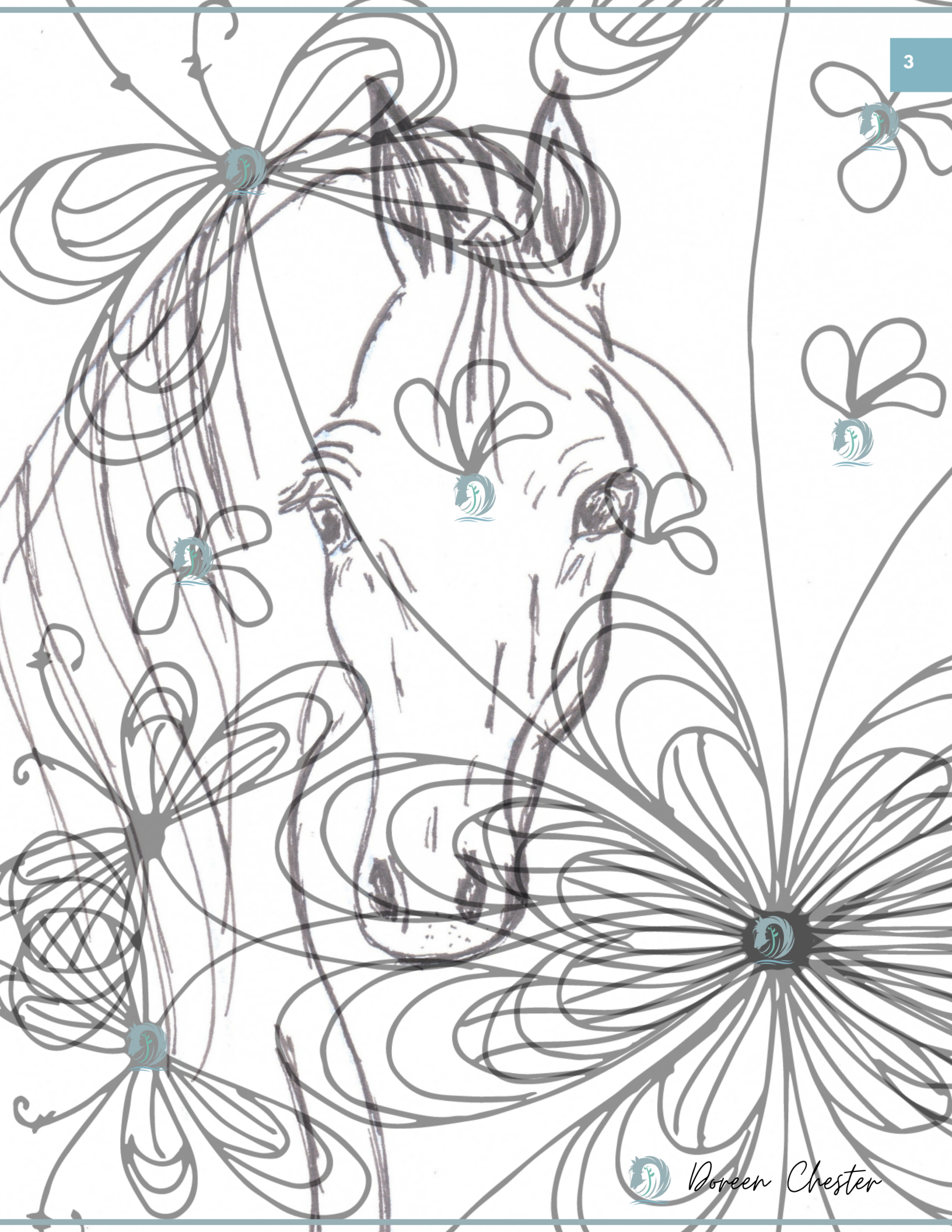
www.burningriverranch.com

HEARTFELT HOOFPRIENTS PROGRAMS

The Heartfelt Hoofprints Programs for Girls and Women are EquineShared Experiences that are designed and inspired by horses and creativity. In the presence of Raine, my five-year old Arabian, girls and women learn about horses, nature, our ocean, the importance of drinking water, eating healthy and exercising, and the many values that horses teach us; compassion, confidence, kindness, respect, responsibility and more. These fun, inspiring sessions include drawing, painting, storytelling and much more.

♥ Join Us ~ No prior horse or art experience needed





EQUESEANTIAL WELLNESS

FALL SOUPS & SALADS CHOP, ROAST, BLEND, SERVE

It's Fall! Harvest time for apples, butternut squash, pumpkins ~ all fresh ingredients that can be chopped, roasted, blended and served into amazing fall soups and salads. ♥



- 1 butternut squash peeled, seeded and cut into small chunks
- 3 tablespoons olive oil
- 2 teaspoons sea salt salt
- 1 teaspoon fresh black pepper

Preheat oven to 400 degrees. Place butternut squash chunks in a bowl, drizzle with olive oil, add salt and pepper and toss until coated. Arrange the squash on a baking sheet and roast for 30 minutes, or until the squash is tender. Turn once during baking.

Blend for soup or use as a salad topping. Enjoy! ♥

CONTINUING EDUCATION CERTIFICATION IN ART THERAPY



I am happy to announce that I am continuing my education journey in Art Therapy. I am excited to complement my certifications as a Nutrition & Wellness Consultant, Youth Nutrition Specialist, Yoga and Pilates Instructor & Experiential Learning with Horses Professional Practitioner. Raine and I are looking forward to incorporating my studies into our programs soon. ♥

EQUESEANTIAL DESIGNS
by Doreen

Fall 2023 Coupon
10% Off One Item

Discount valid for merchandise purchased in
EqueSeantial Wellness & Stables Studio & Boutique
expires November 18, 2023

EQUESEANTIAL DESIGNS
by Doreen

The Studio & Boutique at EqueSeantial Wellness & Stables is open by appointment call or text 330.416.7955

gift certificates available



FALL FEATURED ART "FAITH"

Inspired by nature, this mysterious whimsical pony's colorful curious magic illuminates your way with confidence, trust and discovery to your best healthy life.



available in 5" x 7" ~ 8" x 10" ~ 11" x 14"

EQUESEANTIAL BULLETIN BOARD

Give a donation as a gift for a birthday, holiday or special occasion and help in the rehabilitation and care of draft and senior horses.



Make your donation check payable to Wild Sunflower Equestrian Center and Sanctuary mail to 9084 Green Valley Rd, Clinton Illinois 61727

For more information, contact Cindy Broth at 630.701.8347 or email WildsunflowerEQ1@gmail.com
www.wildsunflowerEQ1.org

EQUESEANTIAL WELLNESS & STABLES

Doreen Chester
Horse-Sea Girl, Artist, Equestrian
6698 Lafayette Road, Medina, Ohio 44256
phone: 330.416.7955
doreen@equeseantialwellness.com

www.equeseantialwellness.com ♥ www.heartfelthoofprints.com