

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?



HEALING



MAY DAYRETREAT



APRIL & MAY OPEN STUDIO SATURDAYS

THE COLORS OF EQUESEANTIAL WELLNESS

When designing the logo for EqueSeantial Wellness, I used colors representing water, nature and life ~ calming, healing and sustainable. Read about my inspiration below.

AQUAMARINE (WAVES)

Aquamarine is derived from a combination of two Latin words; "aqua" meaning water and marina meaning "sea" translating to the "color of the sea". Aquamarine semi-precious gemstones are stones of courage that represent cleansing and protection. The stone keeps us connected to water and all life on the planet revealing tranquility, harmony and joy with calming energies that reduce stress and quiets the mind. With its association with water, as water is cleansing, aquamarine can also help aid in the flushing of toxins from the body.

SAPPHIRE (HORSE & GIRL)

Sapphire is a precious gemstone that is associated with purity and love providing strength and supports self-expression, assisting in communication and expressing your truth and beliefs. It is also known as the "wisdom stone", restoring balance within the body, physical, mental and spiritual alignment, and brings serenity, peace of mind and joy. Sapphire treats blood disorders, opens and heals the thyroid and has a calming and balancing effect on the nervous system.

PERIDOT (LEAF)

Peridot is the stone of compassion and is referred to as "gem of the sun" or "emerald of the evening". In ancient times, many people thought that the peridot crystals contained sun rays, giving off a beautiful color. Peridot channels abundance and love, emits a positive energy, is a powerful cleanser that opens our hearts to joy and new relationships, enhances confidence and assertion, motivates growth and change, brings peace, rest, and health, promotes strength and balance, and improves creativity. Peridot strengthens the immune system, metabolism and benefits the skin.

HOW THE "ART" IN ART, HORSE & WELLNESS CAME ABOUT

When I was a little girl, all through school I would draw, paint, color, even papier-mâché ~ you guessed it "horses"...any type...any color...in a field, in a barn... I was just in love ~ a true horsegirl. Well, as life got busy, my pencils and brushes were put aside, buried in a box, somewhere a memory. When I turned 19 I got my first horse to ride, enjoy, spend time with and love. And over the years my herd grew and I forgot just how much I loved drawing, painting and coloring until one day in 2020.

In July 2020, I announced the opening of EqueSeantial Wellness in the midst of the covid epidemic (why not? I had a thriving landscaping company in the 90's during a drought - LOL). At this time, I was still not sure of my niche for my new business and programs but at that time me "as superwoman" decided that she was going to help and share wellness with everybody.

In August 2020, I was blessed to attend a LiveItWell Retreat in Captiva, Florida hosted by my amazing, beautiful friend, Sue Jordan and a group of lovely women. We enjoyed the sun, the beach, prayer, song, and getting to know each other. At our retreat home, behind the pool were "these flowers". I was absolutely intrigued with "these flowers" and every day I would stare at them, wonder about them. There was just something about them. Every morning they were beautiful, light purple, bright, opening to the morning sun and every night the blooms would fall off and lie underneath. And then the next morning there was a new batch of beautiful flowers. I was mesmerized by "these flowers".

As the week went on we shared an activity that included painting, and this is what I painted. "These flowers" were such an inspiration. That day my love for painting and art came back to me. I will forever be grateful to Sue, the ladies and "those flowers" for sparking in me my gift of art. And, this is how EqueSeantial Designs by Doreen and the Heartfelt Hoofprints Ponies Art series started. ♥



EVENTS AT EQUESEANTIAL WELLNESS & STABLES

JUNE 2023

WEDNESDAY, JUNE 14 ~ 7-8:30PM
EQUESEANTIAL LADIES NIGHT
Paintbrushes ♥ Ponies ♥ Positivity

SATURDAY, JUNE 17 ~ 11AM-3PM
OPEN STUDIO SATURDAY & WORKSHOP
Workshop "The Color Green" at 1pm

SATURDAY, JUNE 24 ~ 12:30-4PM
HEARTFELT HOOFPRIENTS DAYRETREAT
Creating Your Stable Space and
How Important It Is To Thrive

JULY 2023

WEDNESDAY, JULY 12 ~ 7-8:30PM
EQUESEANTIAL LADIES NIGHT
Paintbrushes ♥ Ponies ♥ Positivity

SATURDAY, JULY 15 ~ 11AM-3PM
OPEN STUDIO SATURDAY & WORKSHOP
Workshop "The Color Blue" at 1pm

SATURDAY, JULY 22 ~ 12:30-4PM
HEARTFELT HOOFPRIENTS DAYRETREAT
Taking the Reins ~ Confidence Building

SAVE THE DATE
September 30 at 3pm
VIP FOUNDING
MEMBERS BBQ

AUGUST 2023

WEDNESDAY, AUGUST 9 ~ 7-8:30PM
EQUESEANTIAL LADIES NIGHT
Paintbrushes ♥ Ponies ♥ Positivity

SATURDAY, AUGUST 12 ~ 11AM-3PM
OPEN STUDIO SATURDAY & WORKSHOP
Workshop "The Color Yellow" at 1pm

SATURDAY, AUGUST 26 ~ 12:30-4PM
HEARTFELT HOOFPRIENTS DAYRETREAT
Your Signature Color ~ Uniquely You

INTERESTED IN ATTENDING
A SUNDAY MORNING
SUNRISE MIND~BODY~SPIRIT WITH RAINE
STRETCH AND MEDITATION

TEXT OR EMAIL ME TO LET ME KNOW

EQUESEANTIAL DESIGNS BY DOREEN AT BURNING RIVER RANCH BOUTIQUE

Did you know that you can find EqueSeantial Wellness 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 Mooin' 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

Hours:

Friday 5-9pm

Saturday 10am-5pm

Sunday 11am-4pm

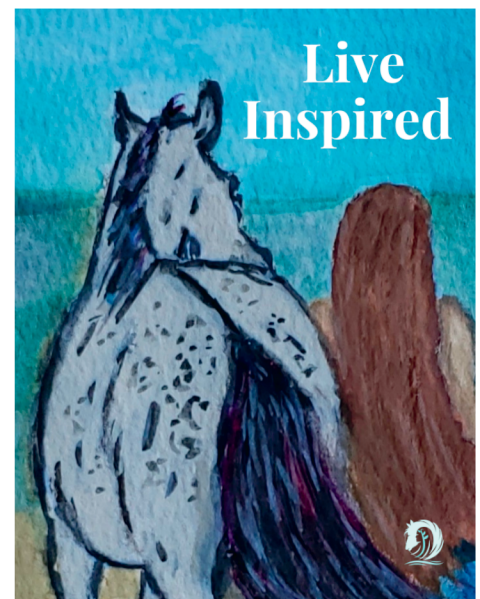


EQUESEANTIAL LADIES NIGHT



I am so excited that these boxes came today and I am able to share this with you! Our EqueSeantial Ladies nights are going to be really fun and for those of you who enjoy the taste of tequila and bourbon, mocktails will be available just for you. After months of research, I found Spiritless. Spiritless makes Jalisco 55 Distilled Non-Alcoholic Tequila and award-winning Kentucky 74 Distilled Non-Alcoholic Bourbon that I can serve at our Ladies Night Paintbrushes ♥ Ponies ♥ Positivity events. The company was founded and is run by women. And get this, only 10-15 calories per serving. Join us on June 14, and be the first to try Spiritless while painting on canvas with Raine.

You can read about the Spiritless non-alcoholic distillation process at www.spiritless.com/pages/spiritless-distillation-process. ♥





EQUESEANTIAL WELLNESS



SUMMER MEAL PREP - GRAB & GO

Summer is finally here and nobody really wants to spend their time in the kitchen. If you make a list, shop and prep once or twice a week, you can prep once and eat several times.

The salad ingredients pictured above only took me about 45 minutes to clean, rinse, cut and chop. I keep leftovers in tightly sealed containers or mason jars. ♥

CELEBRATING A NEW CERTIFICATION

I am happy to announce that I am a Certified Yoga Fitness Instructor endorsed by American Fitness Professionals & Associates. I am excited to complement my certifications as a Pilates Instructor, Nutrition & Wellness Consultant, Youth Nutrition Specialist & Experiential Learning with Horses Professional Practioner with my new knowledge, education and experience in Yoga.

If you are interested in attending a 7:30am Sunday morning "sunrise mind~body~spirit with Raine" stretch and meditation please text or email me

SUMMER FEATURED ART

"Beauty"

Inspired by nature and beauty in tropical paradise, this stunning, exquisite pony encourages you to be still in the moment to radiate your true beauty, balance and harmony while living your best healthy life.



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

EQUESEANTIAL VIP FOUNDING MEMBER NEWS

Get Well Barb Wright! Sending healing wishes, positive energy and prayers to you following your surgery!

Get Well Rose Daso! Sending healing wishes, prayers and positive energy to you following your surgery!



Congratulations to Cortney and Barbie Schafer on their arrival of "Theo" their very handsome Half-Arabian colt! (Konquest X VJ Ellagantti)

Congratulations to Cindy Broth on opening Wild Sunflower Equestrian Center and Sanctuary, a 5013c Nonprofit Sanctuary for Senior and Draft Horses! www.wildsunflowereq1.org



Summer 2023 Coupon
10% Off One Item
 Discount only valid for merchandise purchased in EqueSeantial Wellness & Stables Studio & Boutique expires September 22, 2023
EQUESEANTIAL DESIGNS
by Doreen
 6698 Lafayette Road, Medina, Ohio 44256

EQUESEANTIAL WELLNESS & STABLES

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