

Quinta do cavalo Kiron

www.quintadocavalo.com

Quinta do cavalo Kiron is located in Azenhas do Mar, inserted in the natural park of Sintra. Surrounded by extensive pine forests in which live two herds of horses and ponies that have been rescued, Quinta do cavalo Kiron acts daily as a therapeutic space with horses and receives people individually or groups such as couple, family or corporations.

The approach used is the Metodo Kiron[®] - Horses assisted Interventions, this particular methodology combines the qualities and the natural capacity of the horse and the skills and experience of a therapist, coach or facilitator. We have a wide variety of programs especially appreciated by people with an interest in Lusitanian horse, heritage of the Portuguese culture. Our clients are joining with enthusiasm the opportunity to grow and to enrich themselves with the help of this beautiful animal. In our approach, there is no need to ride, all the work is done on the ground, which allows all the public to have the privilege to benefit inner development, in interaction with the Iberian horses (Lusitanians, Garranos and Sorraias) that stand out for millennia for its unique traits, including nobility, skills and emotional intelligence.

The natural beauty that surrounds the farm will amaze our visitors, who will want to take advantage of its exceptional geographic location visiting Sintra and its mountain, a world heritage site. Surrounded by a magnificent nature, we are 5mn away from a wild beach and only 30 minutes from Lisbon, capital of Portugal, famous for its architectural and cultural wealth. We are also 5 mn away from two villages of Azenhas do mar and Fontanelas where you can find shops and restaurants.

Quinta do cavalo Kiron has a team composed of professionals in the areas of coaching, psychotherapy, mindfulness and equine therapy, who will have the pleasure to receive you and to take you on a save "inner journey" in Portugal. We speak Portuguese, English, French, Spanish and a little Italian and Japanese. In addition to this, we have rooms and areas of support that also allow simple accommodation although very renewing.

We are waiting for you!