

EquaTerra – MiMer Project in Italy

EquaTerra Nature Retreat - Horse & Human Relationship Centre



A scenic view of a mountain valley. In the foreground, a dark green, dense forest covers a hillside. A narrow, light-colored road or path winds through the forest. In the middle ground, a valley filled with lush green trees and vegetation stretches out. In the background, a range of mountains is visible under a clear blue sky. The mountains have varying shades of green and brown, suggesting different vegetation and rocky outcrops. The overall atmosphere is peaceful and natural.

EquaTerra – our Mission:

To support attunement.
Attunement to Self, each
other, to the natural
world and other
creatures that share our
earth with us – by
experiencing, learning
and growing in nature,
as nature, together with
horses.



Re-wilding and wilding... in the wildest parts of Italy.

We want to support a life closer to Nature, by becoming more nature ourselves. As a firmer part of nature, we think we will feel, think, reflect, explore, create differently.

We invite you to a solidifying process of becoming more you, earthing yourself, birthing yourself – and find how you can apply that in your life and work life. We think part of how to reach this is to slow down, make space, meet others on similar paths and reflect and build together. Welcome to Abruzzo in Italy – a perfect place for all this!



EquaTerra – the meaning:

Origin of Equa: "-equa-, -equi- comes from Latin, where it has the meaning "equal; the same. " This meaning is found in such words as: equable, equal, equalize, equilibrium, equinox, equity, equivocal, inequality, inequity.

And in Italian (Equa is the female form, vs Equo in masc): equo (masc.) (fem. equa, masc. pl. equi, fem. pl. eque) = fair, just, impartial

And of course! Equa (Latin)

Origin & history: From equus ("horse"). Noun: equa (genitive equae) (fem.) a mare (female horse)

Terra is of course we word for Earth. We combine Terra with the word for horse Equa while also using the associations from the Latin/Italian word for Equal Worth = Equivalere (and the origin of the English word Equal). We have the same worth, we are the same earth. We are earth, and we are all equal.



EquaTerra – our Vision

We want to be part of creating a socially, environmentally and economically equal and sustainable world.

EquaTerra is us in MiMer walking that talk. And we invite you to walk with us. Because part of what we do is based on community building. We are all tiny specks in universe, but together – we can accomplish and contribute with change. That change starts with each one of us – but we can only create it together. The concept of finding, building, exploring and sustaining “Me” and my role (for each one of us) – is as important as finding, building, exploring and sustaining a “We”.

EquaTerra – so YOU are invited! We need:

- People – to do this – to build our community – and an extended network
- Clients, customers, participants, (buyers of services and offers)...
- Contractors/payers
- Money – fund raising, crowd-funding, grants, donations...
- Support – yours and everybody's – to spread knowledge about this way of working and this kind of work.
- Partners – mental health practitioners, social workers, researchers, conservationists, artists, educators, media people, horse people, business partners, horses, etc.





EquaTerra – What we offer:

We will offer workshops, courses, retreats, research, collaborations, explorations around:

- Equine Welfare and Wellbeing
- Equine-human Interaction
- Equine Assisted Interventions
- Nature-Based and Assisted Interventions
- Stress and Trauma (Equine and Human)
- Trauma Sensitive/Informed Ways of Working
- Human Welfare, Wellbeing and Mental Health
- Experiential Learning and Therapies
- Mindfulness and Expressive Arts
- Arts and Culture
- Wilding/rewilding projects of humans, nature and other beings.
- Advocacy for human rights, nature and animal rights.
- A socially, environmentally and economically equal world
- And a bunch of other things we invite you to contribute with!

Contact Us!

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Find us: <https://www.mimercentre.org/>

On social Media:

<https://www.facebook.com/EquaTerra.Italy>

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<https://www.facebook.com/learning.wild.international>

<https://www.facebook.com/groups/equine.welfare.and.equine.human.interactions>

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