

NEWS FROM STABLE VIEW REELS:

2023 Honey: Stable View has started to bottle the 2023 honey. Honey is available for purchase for \$10 a jar. Please stop by the Stable View office, located on the backside of the pavilion next to Ollie's Inn, if you are interested in purchasing honey. You can also call or email the office at (484) 356-3173 or info@stableviewfarm.com for more information.

Ryan Wood Clinic: Jane Jennings organized a clinic with five-star event rider Ryan Wood. Cross country day took place on Sunday August 20th. The upper levels had their lessons at Stable View on the Boyd Martin XC Field.

Harrells: Harrell's Fertilizer came to Stable View the week of August 21st to dispense fertilizer and prevent fire ants and armyworms on the cross country course.

Ice Plunge Challenge: To promote the Healing Arts Studio, Stable View employees took part in an [ice plunge challenge](#). The winner was Christina Barrera clocking in with a time of sixteen minutes and four seconds. Did you know that ice baths have many many health benefits? They can help relax muscles, reduce pain, help with focus, and allow for a faster exercise recovery.

#stableviewiceplungechallenge

Healing Arts Mini Retreat: Stable View hosted their first Healing Arts Mini Retreat. This consisted of a yoga session, a lunch catered by Chef Steve, a guided nature walk, and a sound bath. The next one is being planned for Monday, October 9th. Keep your eyes out for the chance to be a part of this relaxing day.