



26/10/2021

Dear Friends,

Today is Sunday, traditionally a day of rest around the world.

This particular Sunday, is a very special one for me.

It's a wonderful day today, not only because the sun is shining and my horses are resting at home and happy, and my kids are happy playing their tennis in different parts of the world, but mainly because I'm about to change my life in ways that I could never do before.

It's time for a butterfly change and transformation in my daily routine.

It's time for a riding break in my career.

I was so happy with Vertigo and Lighthouse Girl in their performances at Aachen recently. They were both really outstanding!

I finished my last show in 2021 in my favourite arena with a great performance.

However, I can tell you that not long ago I developed an injury from riding, and now I have decided that I can now finally take time out from riding and heal.

So, while I get to STOP, to stand still in my riding, from today, the exciting part for me is that I get to START wonderful and empowering projects with you.

One of these projects which starts today with you is The SUNDAY BUTTERFLY!

The Sunday Butterfly is all about just that – it's about allowing yourself the time to rest, to stop, to stand still and to celebrate all that you have that is good in your life.

It is also a time to pause, to look at where you are going in life and in your dreams and reflect about all.

It's about the REFLECTION BUTTERFLY!

Go to the Butterflying Space on my website, where I would love you to learn more about my Butterfly projects and you can upload your Butterfly photos.

Right now, I feel so very grateful for this opportunity.

I'm SO motivated to start different new projects with you and for you!

I think that we all should have some time to realise that we can just be and let it flow.

Allow yourself to have some time for you in this and many others Sundays and use the Butterflying space to heal, to become creative, to find your direction, to find the joy in your life.

#Are you ready for Butterflying?

Have a wonderful week full of inspiration and butterflies to reflect about your PATH, your PROJECTS and your PURPOSE of life!

Yours,

Luciana Diniz