

Meditate with cows for £800

2 March 2010 | By [William Surman](#)

STRESSED Dutch businessmen are paying up to £800 to lie on a bed of straw and meditate with cows.

A Dutch farmer has come up with the novel form of bovine meditation where businessmen head into the middle of a cattle barn, sit on the straw bedding and try to lose their worries.

The experience has been pioneered by Corné de Regt who farms on the outskirts of Dutch town Denekamp, near the German border.

He said his clients faced several occupational hazards.

“Unfortunately the silence is often broken. When a cow drops something, or when the animals are unsettled.

“But all of that belongs to the meditation sessions. Some of my guests complain about the smell. But that too, is all part of it.

“Ultimately all of one’s senses are stimulated through meditating alongside the animals. It is a unique experience. And most of the managers that come here like it,” Mr de Regt told a German newspaper.

Mr de Regt runs a series of relaxation therapies on his farm.

Excess energy can be expelled with a thorough round of wood-chopping, guests can take a dip in the ice-cold stream or clients can opt for the more mundane sounding farm walk.

“My concept for therapy counts upon the fact that the business men who come to me have red cheeks before they leave. They are ‘refuelled’ – not only with fresh country air but also with the unique experiences they have on the farm and in the cow stalls,” said Mr de Regt.



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