



15443 9th Line,  
Stouffville, Ontario  
[HorseTherapyCanada.com](http://HorseTherapyCanada.com)



# EQUINE THERAPY RETREATS

COUPLES HEALING RETREAT  
AUGUST 15-17, 2025

# Welcome Message



Welcome to the Equine-Assisted Couples Healing Retreat, an exclusive offering by the Horse Therapy Centre of Canada. Designed for couples seeking to reconnect, strengthen their bond, and foster emotional well-being, this retreat combines mindfulness practices with equine-assisted therapy in a serene, natural setting.

*“With horses, we rediscover love and connection.”*  
- Jessica Echeverri

Our retreat provides couples with the opportunity to immerse themselves in peaceful surroundings while exploring tools to enhance communication, deepen understanding, and nurture their relationship. The combination of guided mindfulness sessions and therapeutic activities with horses creates a transformative experience that fosters connection, trust, and emotional growth.

At Horse Therapy Centre of Canada, we take pride in creating

retreats that support couples on their journey toward greater intimacy and harmony. Our dedicated team of professionals ensures a supportive environment where couples can relax, reflect, and rejuvenate together.

We invite you to discover how this retreat can benefit your relationship by offering you and your partner a chance to unwind, reconnect, and develop lasting skills for a balanced and fulfilling partnership.

# Retreat Overview



## Couples Healing

The Equine-Assisted Couples Healing Retreat is designed to help couples reconnect, strengthen their bond, and enhance emotional well-being. This retreat integrates equine-assisted therapy with relationship-building activities in a natural, peaceful environment.

### Focus

Participants will engage in activities that promote communication, trust, and emotional awareness, all while connecting with nature and horses.

---

### Outcomes

Expected outcomes for participants include improved communication and conflict resolution skills, deeper emotional connection, enhanced trust, greater relational satisfaction, and a renewed sense of partnership through shared experiences and intentional healing practices.

---

### Unique Approach

Our retreats offer a unique blend of therapy and fun activities, providing a holistic healing experience that allows participants to reconnect with nature, themselves, and others.

# About Us

---

## Who We Are

Horse Therapy Centre of Canada is a specialized equine therapy centre that brings innovative, special therapeutic services to clients. We provide equine-assisted therapy, camps, retreats, and much more. All of our therapeutic staff are registered in Ontario.

---

## Our Stouffville, Ontario Farm

You will find yourself on our beautiful 75-acres farm. Our participants love the peace the environment brings, while enjoying the animals and fun activities provided. We are a well-established and renowned equine-assisted therapy and training center in Stouffville, Ontario, which provides a serene and supportive environment for healing and growth.

---

## Mission Statement

Our mission is to create spaces where individuals can find healing, growth, and connection through innovative therapy programs that integrate equine-assisted therapy, mindfulness, and environmental therapy.



# Retreat Schedule



## Daily Itinerary Example:

### *Day 1: Friday*

4:00 PM - 6:00 PM: Check-in, Tent Set-Up

6:00 PM - 7:00 PM: Farm Tour

7:00 PM - 9:00 PM: Campfire, Snacks, and Welcome Session

9:30 PM: Bedtime

### *Day 2: Saturday*

8:00 AM - 9:00 AM: Breakfast

9:00 AM - 9:30 AM: Mindful Breathing

9:30 AM - 11:30 AM: Group Therapy with Horses

11:30 AM - 12:45 PM: Lunch

12:45 PM - 1:45 PM: Reflective/Relaxation Free Time

2:00 PM - 4:00 PM: Group Therapy with Horses

4:00 PM - 5:00 PM: Reflective/Relaxation Free Time

5:00 PM - 6:00 PM: Fun Animal Activity

6:00 PM - 7:00 PM: Dinner

7:30 PM - 9:00 PM: Campfire and S'mores

9:30 PM: Bedtime

### *Day 3: Sunday*

8:00 AM - 9:00 AM: Breakfast

9:00 AM - 11:00 AM: Group Therapy with Horses

11:00 AM - 12:00 PM: Lunch

12:00 PM - 1:00 PM: Reflective/Relaxation Free Time

1:00 PM - 2:00 PM: Closing of Therapy Circle

2:00 PM - 3:00 PM: Final Fun Activity

3:00 PM - 4:30 PM: Pack Up, Check Out and Departure

# Special Activities & Highlights

**Equine-Assisted Therapy:** Sessions are tailored to enhance relationship dynamics, helping couples develop a deeper understanding of their emotions and connection through interaction with horses.

**Evening Campfires:** Each evening will conclude with a campfire, providing time for reflection, sharing, and connection with fellow participants.

**Inflatable Water Park:** Enjoy a fun-filled experience at our inflatable water park, featuring 5 slides designed to delight participants of all ages.

**Goat Yoga:** Engage in a unique and playful yoga session with friendly goats, blending relaxation with light-hearted fun.

**Zipline and Adventure Activities:** Experience the thrill of ziplining and other adventure activities that challenge and exhilarate.

**Hikes in Fields and Forest:** Explore the beautiful surroundings with guided hikes through fields and forests, offering a chance to connect with nature and unwind.

**Art Activities and Gardening:** Tap into your creative side with art activities or find tranquility in our gardening sessions, both designed to foster relaxation and self-expression.

These special activities and highlights are designed to enhance your retreat experience, providing a perfect balance of relaxation, adventure, and personal growth.



# Accommodations



## Lodging

Participants are required to bring their own tents and sleeping accessories. Tent rentals are available (2-person, 3-person, 6-person, and 10-person family tents), if required.

## Amenities

Outdoor showers, portable toilets, a mini kitchen for snacks and refreshments, an inflatable water park, gardens, farm, and quiet spaces. Our farm has many exciting amenities for your pleasure.



## Meals and Dining

All meals are cooked onsite or catered. An open mini kitchen will provide fruit, snacks, water, and coffee/tea.

### Sample Menu:

**Breakfast:** Scrambled eggs, sausages, toast, fresh fruit, coffee, tea.

**Lunch:** Grilled chicken/veggie wraps, salad, fresh fruit.

**Dinner:** BBQ meat/veggie skewers, baked potatoes, mixed vegetables.

**Snacks:** Fresh fruit, granola bars, yogurt, nuts.

# Therapeutic Activities

---

## Equine-Assisted Therapy

Mindful grooming, leading exercises, and therapeutic interactions with horses. These activities promote emotional awareness, build trust, and strengthen the couple's bond. Evidence-based practices will be led by our registered therapists.

---

## Couples Connection Activities

**Practices Included:** Guided partner breathing exercises, walking together with horses, relationship reflection activities, and connection journaling sessions. These practices are designed to center participants, reduce relational stress, and enhance emotional intimacy.

**Facilitation:** All sessions will be guided by our trained therapists and relationship experts.

---

## Group Therapy Sessions

**Topics Covered:** Topics will focus on improving communication, building trust, managing relational stress, and fostering deeper emotional connections.

**Facilitation:** Led by experienced therapists, these sessions will foster group connection and personal insight.

---

## Private Couples Therapy Options

Private couples therapy sessions are not included in this retreat but can be scheduled separately by contacting the office.



# Preparation & Packing

## What to Bring

**Essentials:** Tent, sleeping bag, pillow, flashlight, personal hygiene items, towels.

**Clothing:** Comfortable outdoor clothing, waterproof jacket, sturdy shoes, swimwear, hat, sunglasses.

**Miscellaneous:** Refillable water bottle, sunscreen, insect repellent, notebook/journal, and any necessary medications.

## Health and Safety

Participants must complete medical forms and waivers prior to the retreat.

First aid and trained staff will be available on-site.

Safety protocols include maintaining hygiene in shared facilities, monitoring weather conditions, and ensuring safe interactions with horses.

# Transportation and Logistics

## Getting to the Retreat

- Participants must arrange their own transportation. Detailed driving directions will be provided upon registration.

## Arrival and Check-In

- Participants should arrive between 4:00 PM and 6:00 PM on Friday. Upon arrival, participants will check in at the office, set up their tents, and join the farm tour.

## Departure Information

- The retreat concludes at 4:00 PM on Sunday.



# Pricing and Registration

## Cost of the Retreat

**\$659** per person, eligible for reimbursement from extended healthcare benefits.

---

## Payment Options

\$150 non-refundable deposit required at registration. The remainder can be paid through a personalized payment plan, with all fees due 7 days before the retreat date.

---

## Registration Process

Participants can register online or by contacting the office directly. The registration deadline is 30 days prior to the retreat date.

---

## Cancellation Policy

Cancellations made 60 days prior to the retreat will receive a refund minus the \$150 deposit. No refunds are available after this date.





# How To Register

Please visit our website at **HorseTherapyCanada.com**

**Register online** at [horsetherapycanada.com/therapeutic-retreats-ontario](https://horsetherapycanada.com/therapeutic-retreats-ontario)

## **Call our Office**

647-3905-397

**Email** our Program Administrators at  
[office@horsetherapycanada.com](mailto:office@horsetherapycanada.com)

