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Stouffville, Ontario
HorseTherapyCanada.com



EQUINE THERAPY **RETREATS**

MINDFULNESS RETREAT
JUNE 20-22, 2025

Welcome Message



Welcome to the Mindfulness Therapy Retreat, an exclusive offering by Horse Therapy Centre of Canada. Designed for those seeking to reduce stress, enhance well-being, and reconnect with themselves, this retreat provides a unique blend of mindfulness practices and equine-assisted therapy in a serene, natural environment.

“Wherever you are, be there totally.” - Eckhart Tolle

Our retreat, offers participants the opportunity to immerse themselves in peaceful surroundings while learning valuable tools for managing stress and increasing self-awareness. The combination of guided mindfulness sessions and therapeutic activities with horses ensures a transformative experience that promotes mental clarity and inner peace.

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

retreats that not only meet but exceed our clients' expectations. Our dedicated team of professionals is committed to providing an environment where participants can relax, reflect, and rejuvenate.

We invite you to explore how this retreat can benefit you, your clients or team members by offering them a chance to unwind, recharge, and develop lasting skills for a balanced life.

Retreat Overview



Mindfulness

The Mindfulness Therapy Retreat is designed to help participants cultivate mindfulness practices to manage stress, anxiety, and improve overall mental well-being. This retreat integrates equine-assisted therapy with mindfulness meditation in a natural, peaceful environment.

Focus

Participants will engage in activities that promote self-awareness, emotional regulation, and mental clarity, all while connecting with nature and horses.

Outcomes

Expected Outcomes for Participants include increased ability to manage stress and anxiety through mindfulness techniques, improved mental clarity and emotional balance, a deeper connection with oneself and the natural environment.

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 mindfulness, helping participants develop a deeper connection with their emotions and the present moment 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, reduce stress, and enhance mindfulness. Evidence-based practices will be led by our registered therapists.

Mindfulness and Meditation

Practices Included: Guided mindful breathing exercises, walking meditation, meditation with horses, and mindfulness writing sessions. These practices are designed to center participants, reduce stress, and enhance their connection to the present moment.

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

Group Therapy Sessions

Topics Covered: Topics will focus on stress management, emotional regulation, and mindfulness in daily life.

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

Individual Therapy Options

One-on-one 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

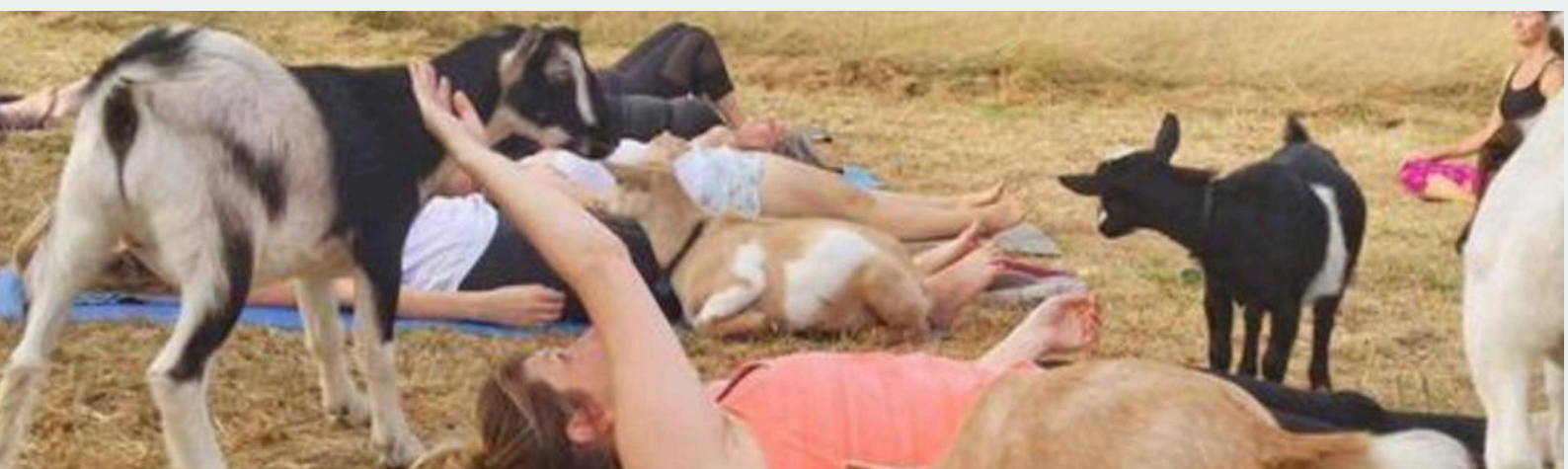
\$150 non-refundable deposit required at registration. The remainder can be paid through a personalized payment plan, with all fees due 7 days before the retreat date.

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

Call our Office

647-3905-397

Email our Program Administrators at
office@horsetherapycanada.com

