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HorseTherapyCanada.com



EQUINE THERAPY **RETREATS**

WOMEN'S HEALING RETREAT
JULY 18 - 20, 2025

Welcome Message



Welcome to the Women's Healing Retreat, a unique offering by Horse Therapy Center of Canada designed to empower and support women on their journey of healing and personal growth. This retreat provides a nurturing environment where participants can recover from trauma, manage stress, and navigate life transitions through a blend of

"Healing doesn't mean that the damage never existed. It means that it no longer controls you." - Akshay Dubey

equine-assisted therapy, mental health skills development, and supportive group activities.

The Equine Assisted Women's Healing Retreat offers participants the chance to connect deeply with themselves and others in a serene, natural setting. Our program focuses on building emotional resilience, self-awareness, and a strong sense of community, with activities tailored specifically to meet the needs of women.

At Horse Therapy, we take pride in creating experiences that facilitate

meaningful transformation and exceed client expectations. Our team of skilled professionals is dedicated to providing a safe, supportive space where women can explore their inner strength, connect with others, and emerge with a renewed sense of purpose and empowerment.

We invite you to experience how this retreat can personally benefit you by providing an opportunity to heal, connect, and grow in an environment designed specifically for women.

Retreat Overview



Women-Focused

Whether you are a woman looking to recover from past experiences, strengthen your emotional resilience, or simply reconnect with yourself, this retreat offers a nurturing environment tailored to your needs.

Focus

This retreat centers on emotional healing and self-discovery and aims to empower women to build inner strength and develop practical coping strategies.

Outcomes

Participants can expect to leave the retreat with enhanced emotional resilience, a deeper connection to themselves, and a strengthened sense of community with other women. They will gain practical tools for managing stress and life transitions, fostering continued personal growth and healing.

Unique Approach

This retreat combines therapy, art activities, and adventure-based fun. Our beautiful and professional equine-assisted therapy farm ensures high-quality care in a peaceful setting. Also enjoy fun activities like goat yoga, ziplining, and guided hikes, promoting both relaxation and personal growth.

About Us

Who We Are

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

Our Stouffville, Ontario Farm

You will find yourself on our beautiful 75-acres farm. Ourparticipants love the peace the environment brings, whileenjoying the animals and fun activities provided. We are a well-established and renowned equine-assisted therapy and trainingcenter in Stouffville, Ontario, which provides a serene andsupportive 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 support healing and empowerment, helping participants develop a deeper connection with their emotions and inner strength 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, and quiet spaces. Our Stouffville partner 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, sausage, 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 resilience, and foster healing. Evidence-based practices will be led by our registered therapists.

Healing and Reflection Activities

Practices Included: Guided reflective journaling, mindfulness exercises, walking meditation with horses, and self-discovery workshops. These practices are designed to center participants, reduce stress, and enhance emotional growth.

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

Group Therapy Sessions

Topics Covered: Topics will focus on emotional resilience, self-compassion, stress management, 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

647-390-5397

Email our Program Administrators at

office@horsetherapycanada.com

