

Restorative Retreats for All



Nature as Medicine: Horses & Miniature Donkeys as Guides

In a world that moves fast, this retreat offers a doorway into something slower, steadier, and deeply soothing.

Held in the beauty of nature and supported by horses and mini-donkeys, this retreat is designed to help your nervous system unwind. Horses are masters of presence—they respond honestly and authentically, offering a powerful form of connection that helps us feel connected and grounded.

When we feel connected, our bodies can soften. When we soften, healing begins. Through guided interactions, reflective practices, and spacious time outdoors, you'll be supported in:

Releasing tension

- Reconnecting with your body, the earth, and our animal partners
- Restoring emotional balance
- Experiencing the quiet wisdom of animals and nature

No riding required. No need to perform or fix anything. Just come as you are.

Let this be your portal back to steadiness, simplicity, and the healing rhythm of the natural world.

This is a fully unmounted, on the ground experience. No prior horse handling experience is required.

Hosts

Kate Ford, LICSW
Shauna Dowden, Ph.D.

Cost

\$150 per Retreat

Dates & Times

10:00 AM – 1:00 PM
Sunday May 3, 2026
Sunday July 26, 2026
Sunday September 13, 2026
Sunday, October 18, 2026

Location:

Moonlight Ranch
70 Scribner Road
Tyngsboro, MA 01879

To Register:

<https://moonlightranch.org/>

