



Corporate Equine-Assisted
Wellness Experiences

Find Your Balance

Set in nature, away from screens and expectations, the experience invites clarity, reflection, and renewed perspective.

Choosing equine-assisted wellness is choosing a deeper kind of development — one that engages the nervous system, the relational field, and the human capacity for meaningful change.

Grounded in neuroscience and experiential learning, leadership meets the wisdom of the herd.

Rewilding Leadership | Restoring Regulation |
Strengthening Connection

Ashfield Farm

8594 Franktown Road, Ashton
sarah@ashfieldfarm.ca | 613-862-8561



Offerings

Pasture Introductions

60-Minute Experiential Session **\$45/participant**

A welcoming introduction set against the quiet rhythm of grazing horses and open pasture. Participants step away from workplace demands and into grounded presence, where horses model regulation, awareness, and authentic communication.

A gentle and engaging introduction to equine-assisted wellness.

Perfect for teams curious about experiential learning, leadership development, or workplace wellbeing, this session offers:

- A guided introduction to our farm, herd, and wellness philosophy
- A brief overview of equine-assisted wellness and how horses support emotional regulation, communication, and leadership development
- One activating, hands-on group activity with the horses (ground-based, no riding)
- Facilitated reflection and practical workplace takeaways

Have questions or want to customize this experience? Reach out -
sarah@ashfieldfarm.ca

This session is ideal for:

- Lunch-and-learn events
- Leadership teams exploring new wellness approaches
- Organizations looking for a meaningful outdoor team reset

A powerful, accessible first step into the world of horse-guided insight.



Offerings

Horse Wisdom Program®

90-120 Minute Experiential Session
\$85/participant

An immersive experiential learning session combining neuroscience, trauma-informed pedagogy, and horse-guided development.

This experience includes:

- A deeper dive into the science and research behind equine-assisted wellness
- Understanding nervous system regulation, co-regulation, and non-verbal leadership
- Exploration of herd dynamics as a mirror for team culture
- Choice of large-group or small-group experiential Horse Wisdom activities
- Customizable themes aligned to your organization's goals

Ideal for:

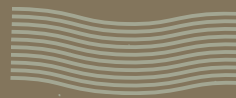
- Leadership retreats
- Strategic planning days
- High-stress or high-performance teams
- Organizations seeking innovative wellness programming

Customizable Themes

Each experience is grounded, reflective, and practical — translating directly into workplace application.

Examples may include:

- Authentic Leadership
- Boundaries & Energy Awareness
- Communication Without Words
- Emotional Agility
- Trust & Relational Safety
- Team Cohesion & Collective Regulation
- Resilience & Adaptive Capacity
- Presence & Attuned Awareness



*option to expand into a full-day format



Offerings

Mindful Movement Add-On

Nature Integration Experiences \$65/participant

Enhance either package with a guided mindfulness walk or trail ride through our 100-acre woods.

Choose one:

Guided Mindfulness Trail Walk

- Nervous system reset practices
- Sensory grounding exercises
- Reflective prompts woven into nature
- Horse ground led experience

Mindful Trail Ride

- Gentle, guided riding experience
- Breath-to-movement regulation practices
- Embodied leadership exploration through connection with the horse

This add-on deepens integration, strengthens team connection, and allows participants to embody insights from the session.

- other animal experiences available upon request

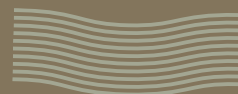
Why Equine-Assisted Wellness for Corporate Teams?

Horses respond to congruence, authenticity, and nervous system regulation — not titles or hierarchy.

They offer immediate, honest feedback that supports:

- Emotional intelligence
- Leadership presence
- Team communication
- Psychological safety
- Stress regulation
- Authentic engagement

Set on a peaceful 100-acre farm, these experiences offer both innovation and restoration.



Offerings

Expanded Retreat Options

Half-Day Retreat (3–4 hours):

Includes Horse Wisdom Program® + integration walk

- 8–15 participants: \$140 per person
- 16–25 participants: \$130 per person
- Minimum booking: \$1,160

Full-Day Retreat (6–8 hours):

Expanded modules + mindful movement + facilitated reflection

- 8–15 participants: \$255 per person
- 16–25 participants: \$225 per person
- Minimum booking: \$1,960

Custom retreat design available to align with leadership development, wellness strategy, or organizational change initiatives.

Deepen the experience with mindful integration in nature. Teams may choose a guided mindfulness walk through wooded trails or a reflective trail ride designed to embody regulation and leadership presence.



Ashfield Farm

8594 Franktown Rd, Ashton, Ontario
Contact: Sarah Wilkins | 613-862-8561 |
sarah@ashfieldfarm.ca