



Equine Intuitive Awareness Retreat

THE HEALING POWER OF HORSES
WITH CAROL, THE IBU NDARA SUMBA

5-10 DECEMBER, 2024 AND 13-18 FEBRUARY, 2025

Edge of Wilderness™

Carol, the original horse whisperer

In the heart of Sumba, where the rhythms of nature and the whispers of ancient wisdom intertwine, we invite you to embark on a transformative journey of self - discovery and healing through our Equine Intuitive Awareness Retreat. An intimate retreat for 6 equine enthusiasts*.

Drawing upon the sacred practices of ancient tribes, who have long understood the profound connection between the human spirit and the natural world, this retreat offers a unique opportunity to deepen your awareness and cultivate inner knowing.

At this retreat, we harness the powerful energy of horses — magnificent beings known for their intuitive guidance and healing presence. Through a carefully curated series of activities, including energy awareness sessions, meditation with horses, Reiki healing, and even horse yoga, you will explore the deep bond between humans and horses.

Each activity is designed to facilitate a greater understanding of your own inner landscape, allowing you to tap into the wisdom that lies within.

Join us as we create a nurturing space where you can connect with these majestic creatures and unlock the transformative power of nature. Whether you are seeking healing, clarity, or simply a deeper connection to yourself and the world around you, our Equine Intuitive Awareness Retreat promises an enriching experience that honors the ancient practices of connection and awareness.

5 NIGHTS RETREAT

5-10 December, 2024

13-18 February, 2025

\$2,100^{}**
per person

* GUESTS MUST BE AT LEAST 10 YEARS OLD TO PARTICIPATE IN THIS RETREAT.

** THE LISTED PRICE IS PER PERSON AND INCLUDES ALL RETREAT PROGRAM ACTIVITIES. PRICES ARE IN USD AND SUBJECT TO A 21% TAX AND SERVICE CHARGE. ACCOMMODATION CAN BE BOOKED SEPARATELY AT THE BEST AVAILABLE RATES AT THE TIME OF BOOKING.



Retreat Inclusions

3x "Sunrise Awakening the Senses"
with the main herd at NIHI

3x Equine Intuitive Awareness

1x Half Day Spa Safari

1x Traditional Village Tour

1x Swimming with Horses
(weather, ocean permit)

1x Fire Light Sound Meditation


1x Dinner Under the Stars

1x Pasola Demonstration

OPTIONAL:

Join our daily cultural and movement group
classes at the yoga pavilion.





*“I feel happier than I’ve felt in months.
Everything feels sorted. The world is just so.”*

JANE KNIGHT, THE DAILY MAIL, FEBRUARY 2023

Our Daily Program

Day One

A BEGINNING

Arrive on the Edge of Wildness and embark on your journey of connection and healing as we begin this equine retreat, joining us on a group welcoming dinner.

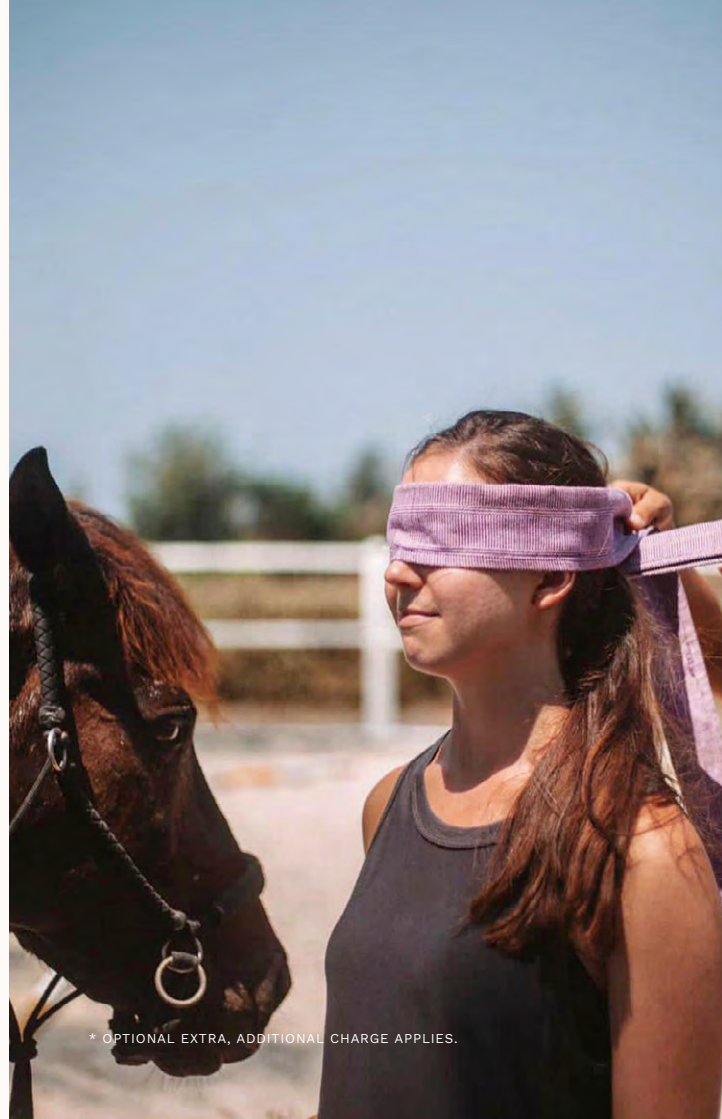
Day Two

AWAKENING THE SENSES

Begin your day with a **Sunrise Awakening the Senses** (1) at NIHI Hills, incorporating breathwork, body movement, and connection with the herd. After a leisurely breakfast, head to Nihioka for an **Equine Intuitive Awakening** (1) session exploring “Ancient intuitive wisdom” through shared practices with the horses. This unique experience includes the opportunity to try traditional betel nut chewing.

Enjoy lunch and free time before indulging in a relaxing massage* in our Spa Safari. In the afternoon deepen your connection with the Sumba horses during another **Equine Intuitive Awakening** (2) session, exploring “Intuitive Sensitivity” of these remarkable creatures through shared practices and exercises.

End the day at the resort with a relaxing happy hour before savoring a delicious dinner at your leisure.



Day Three

SPA SAFARI AND INTUITIVE EXPLORATION

Embark on a rejuvenating **Half Day Spa Safari** (1), choosing from a 90-minute trek, horse ride, or car transfer and savor a delicious breakfast on the treehouse at Nihioka.

Relax and unwind on the private beach and pool in the afternoon. Indulge in a personalized 2.5 hour massage treatment.

Before lunch at Nihioka, engage in an **Equine Intuitive Awakening** (3) session focused on "Creating Reality", through visualization practices with the horses.

Enjoy a delicious lunch and more of the Nihioka grounds before returning to the resort.

End your day with a delicious dinner.





Day Four

CONNECTING WITH NATURE AND COMMUNITY

Begin your day with an **Awakening the Senses** (2) session, incorporating movement, rhythm, and a beach ride or walk with the horses.

After a delicious breakfast at Ombak, visit a **local village** (1) to learn about the challenges faced by local horses and animals. Connect and heal with the village horses and animals as a group.

Enjoy a leisurely lunch at Nio and **swim with the horses*** (1) and have the rest of the day to explore the resort or to book another magical experience**.

Sunsets are always special at NIHI, and on this day you can witness a thrilling **Pasola demonstration** (1) on Nihiwatu beach. This vibrant and exhilarating event showcases the rich cultural heritage of Sumba, with participants dressed in traditional attire, charging on horseback and throwing wooden spears. It's a truly unforgettable experience.

A delicious dinner will be waiting for you at the end of the day.

* SWIMMING WITH HORSES IS A WEATHER-DEPENDENT EXPERIENCE. THE TIMING MAY VARY BASED ON THE CONDITIONS.

** EXTRA CHARGE APPLIES.

Day Five

RELAXATION AND CULTURAL IMMERSION

Begin your day with a **Sunrise Awakening the Senses** (3) and savor a leisurely breakfast.

Mid-morning, explore other NIHI activity offerings* or schedule a personal Q&A session with Carol.

Enjoy free time to relax and unwind in the afternoon. Gather around the fire for a soothing sound meditation and a delicious **BBQ dinner under the stars** (1) in the evening at Nihioka, anticipating a **celebratory party at Nihioka**, where you can experience traditional Sumbanese dress and dances.

Day Six

FAREWELL

Begin your last day with a **final yoga session** to reflect on your journey and wrap up your retreat and enjoy a leisurely breakfast before checking out. For those taking the last flight, you still have one full morning to you still have one morning to enjoy the Edge of Wildness.



*We hope you've created
lasting memories and found inner peace.*



Carol, the Ibu Ndara Sumba

CAROL'S UNTAMED SUMBA JOURNEY

Over a decade ago, a remarkable journey began for Carol, sparked by a visit to what was then Nihiwatu Resort, on the breathtakingly wild Island of Sumba, Indonesia. Growing up on a horse property in South Australia, Carol had always nurtured a deep love for horses. However, she never anticipated that this island excursion would lead her to establish the Sandalwood Stables program, enabling her to grow and share love and connection with the island's unique and untamed Sumba horses .

The endeavor was filled with uncertainty and cultural differences. Drawing upon her long-standing interest in intuitive awareness, personal development, and natural horsemanship, Carol embraced the challenges that lay ahead. With limited access to modern medical resources in Sumba, she learned to respect and incorporate local healing traditions, enriching her understanding of holistic practices.

Through this journey, Carol honed her skills in nonverbal communication, energy reading, and healing, allowing her to form profound connections with the local horses and the community. The Sandalwood Stables became not just a place for riding but a sanctuary for personal growth, healing, and the celebration of the extraordinary bond between humans and these majestic creatures. Carol's journey is a testament to the transformative power of love, intuition, and the untamed spirit of Sumba Island.





NIHI

SUMBA

FOR MORE INFORMATION, PLEASE CONTACT OUR TEAM

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