



Harmonizing Horsemanship

EQUINE RETREAT WITH
ASHLEIGH SANDERSON & SARA KIMELL

26 MAY, 2025

Edge of Wildness™

Introducing our latest addition to Equine Retreats

Join Ashleigh, Sara, and the NIHI herd on a Kuda Guru retreat, where you'll attune your senses to both your body and your horse, unlocking the true potential of the human-horse bond.

The term "*Kuda guru*," translating to "Horse Teacher" in Indonesian and Malay, perfectly embodies Ashleigh's role as a guiding light in equine wisdom, adept at translating the unspoken language of horses into spoken words to forge profound connections.

Embark on a transformative journey of self-discovery and equestrian excellence. This retreat, led by renowned equestrian expert Ashleigh, offers a unique blend of yoga, riding, and mindfulness practices.

Over the course of three or seven days, you'll delve into the intricacies of biomechanics, enhance your riding skills, and cultivate a deeper connection with yourself and the horses. Benefit from Ashleigh's expert guidance and tailored instruction and explore the powerful connection between your mind, body, and horse.

Experience a harmonious blend of yoga, riding, and mindfulness while immersing yourself in the breathtaking beauty of NIHI Sumba..

6 NIGHTS RETREAT

26 May - 1 June, 2025

\$2,325*
per person

3 NIGHTS RETREAT

3-6 June, 2025

\$1,225*
per person

* 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.



*"I feel happier than I've felt in months.
Everything feels sorted. The world is just so."*

JANE KNIGHT, THE DAILY MAIL, FEBRUARY 2023



HARMONIZING HORSEMANSHIP RETREAT

7 day Program

26 MAY TO 1 JUNE, 2025

INCLUSIONS

Daily Harmonising Horsemanship Sessions

Daily Harmonising Biomechanics Yoga

Wildly Well Massage treatment of choice

Half Day Spa Safari

Equine Welcome Gift

Day One

A BEGINNING

Arrive on the Edge of Wildness and embark on your journey with a refreshing welcome toast, followed by a rejuvenating post-travel **yoga session** to relax and unwind. Gain valuable insights into **biomechanics** and Ashleigh's unique system during an informative introduction. Conclude your day with a delicious dinner to nourish your body and mind.



WWW.NIHI.COM



Day Two

EQUESTRIAN EXPLORATION

Start your day with invigorating **morning yoga and core activation** exercises tailored for riders. Gain a deeper understanding of your body and enhance your awareness while **horseback riding**. Enjoy a nutritious brunch and take time for reflection and questions.

Spend the afternoon exploring the importance of breathwork in riding through exercises like **Aqua Lungs and Rock Running**. Conclude your day with a delicious dinner.

Day Three

GROWTH AND EXPLORATION

Begin your day with **yoga** to enhance your awareness and spatial orientation. Identify and address your **riding** weaknesses through targeted exercises. Enjoy a nutritious brunch before applying your newfound insights during a **SUP or snorkeling adventure**.

Conclude your day with a relaxing **60min massage** followed by delicious dinner and a voluntary **meditation session** to reflect on your progress and find inner peace.

Day Four

EXPLORE THE ISLAND

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

Savor a delicious lunch before enjoying an activity of your choice**. Conclude your day with a satisfying dinner.

* Horse Riding to the Spa Safari is an extra charged activity.

** Activities not mentioned on the inclusions/itinerary will have additional charge.

Day Five

MINDFULNESS DAY

Begin your day with a thrilling **horseback riding** adventure. Savor a delicious brunch before delving into the fascinating **connection between the brain and mind** in riding. Enjoy some free time to relax and unwind or to explore the island.

In the evening, practice **yin-style yoga** to soothe your muscles and find inner peace. Conclude your day with a satisfying dinner.

Day Six

REFLECTION AND GROWTH

Your day will begin with **yoga** to observe the changes in your body and mind. Continue your journey of self-discovery with a **horseback riding session** to notice the progress you've made. Enjoy a nutritious brunch before engaging in a Q&A session with Ashleigh to delve deeper into your insights and experiences. Spend the afternoon enjoying an **activity of your choice***. Conclude your day with a satisfying dinner.

* Activities not mentioned on the inclusions/itinerary will have additional charge.

Day Seven

THE FAREWELL

Begin your day with a final **yoga session** to reflect on your journey and wrap up your retreat.

Enjoy a leisurely breakfast before checking out if you're taking the first flight of the day to Bali. For those taking the last flight, you still have one morning to enjoy the Edge of Wildness.



3 day Program

3-6 JUNE, 2025

Day One

A BEGINNING

Arrive on the Edge of Wildness and embark on your journey with a refreshing welcome toast, followed by a rejuvenating **post-travel yoga session** to relax and unwind. Gain valuable insights into biomechanics and Ashleigh's unique system during an informative introduction. Conclude your day with a delicious dinner to nourish your body and mind.

Day Two

EQUESTRIAN EXPLORATION

Start your day with invigorating **morning yoga** and core activation exercises tailored for riders. Gain a deeper understanding of your body and enhance your awareness while horseback riding. Enjoy a nutritious brunch and take time for reflection and questions.

Spend the afternoon exploring the importance of breathwork in riding through exercises like **Aqua Lungs and Rock Running**.

Conclude your day with a delicious dinner.

INCLUSIONS

Daily Harmonising Horsemanship Sessions

Daily Harmonising Biomechanics Yoga

Wildly Well Massage treatment of choice

Equine Welcome Gift

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GROWTH

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An aerial photograph of a tropical beach resort. In the foreground, there are several buildings with thatched roofs and white fences, including a riding arena with a horse and rider. The middle ground is dominated by a dense forest of palm trees and other tropical vegetation. In the background, a sandy beach meets the turquoise ocean with white waves. The text "We hope you've created lasting memories and found inner peace." is overlaid in the center of the image.

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

Ashleigh Sanderson & Sara Kimell

Ashleigh's transformative approach not only redefines the rider-horse relationship but also invites you to embark on a journey of self-discovery and deep connection with your equine partner.

Sara Kimell complements Ashleigh's expertise as a seasoned rider dedicated to the art of horsemanship. Their paths crossed over a decade ago, igniting Sara's passion for biomechanics and yoga. As an experienced rider and certified yoga teacher, Sara focuses on enhancing riders' seats and abilities on and off the horse. With a seamless integration of biomechanics, yoga, Pilates, and mobility practices, Sara guides guests to discover their movement patterns and equips them with invaluable tools for both riding and everyday life.

Together, Ashleigh and Sara offer a comprehensive and enriching experience for riders seeking to deepen their understanding and connection with their equine companions.





NIHI

SUMBA

FOR MORE INFORMATION, PLEASE CONTACT OUR TEAM

EVELIEN AKERBOOM

stable@nihi.com

+62 813 3968 2714

(ASIA TIME)

RESERVATIONS

reservations@nihi.com

+62 811 3821 2910

(ASIA TIME)