



Equine Intuitive Awareness Retreat

16 TO 21 SEPTEMBER, 2025

Edge of Wildness™

A Healing Journey Through Horses

WITH 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 healing and connection through our Equine Intuitive Awareness Retreat.

Drawing upon the sacred practices of the ancient tribes of Sumba, who have long understood the profound connection between humans and the natural world, this retreat provides a unique opportunity to grow, heal, and connect. Harnessing the powerful energy of horses—renowned for their intuitive guidance and healing presence—you'll embark on a journey of shared exploration and personal growth.

Through thoughtfully designed activities such as energy awareness sessions, meditation with horses, Reiki healing, and yoga with horses, you'll experience the transformative bond between humans and these majestic creatures. While the retreat fosters a sense of community and collaboration within the group, there is also ample space for personal reflection and one-on-one time with Carol, the original horse whisperer.

This retreat is perfect for solo travelers, couples, or individuals navigating life changes who are looking to heal and reconnect. Should you wish, our NIHI® Travel Designers can connect like-minded individuals to share accommodation, fostering a deeper sense of community.

While participants immerse themselves in the transformative Equine Intuitive Awareness Retreat, children and non-retreat-attending partners can enjoy exhilarating water sports, scenic hikes, and other unforgettable NIHI adventures. Whether you're seeking personal growth, a connection with horses and wild life, or a chance to recharge, this retreat offers an enriching and nurturing environment for everyone.

5 NIGHTS RETREAT

16 to 21 September, 2025

Carol's Intuitive Equine Retreat is a rare opportunity to connect deeply with nature and witness the unparalleled magic of working alongside the herd of NIHI® horses, nurtured and guided by our horse whisperer, Carol.



Retreat Inclusions

3x Sunrise Awakening the Senses
with the main herd at NIHI® Sumba

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

1x NIHI® Signature Massage in-villa

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



SEPTEMBER 2025

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** at NIHI® Hills, incorporating breathwork, body movement, and connection with the herd. After a leisurely breakfast, head to Nihioaka for an **Equine Intuitive Awareness** 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 our Horse Whisperer is available to answer questions and have some one on one session time.

Sunsets are always special at NIHI®, and on this day you can witness a thrilling **Pasola demonstration** on NIHI® 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.

Day Three

SPA SAFARI AND INTUITIVE EXPLORATION

Embark on a rejuvenating **Half Day Spa Safar**, choosing from a 90-minute trek, horse ride, or car transfer and savor a delicious brunch upon arrival at the tree house at Nihioka.

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

After brunch at Nihioka, engage in an **Equine Intuitive Awareness** 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.





SEPTEMBER 2025

Day Four

CONNECTING WITH NATURE AND COMMUNITY

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

After a delicious breakfast at Ombak, **visit a local village** 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 followed by an **Equine Intuitive Awareness** and a **swim in the ocean with our horses**. The rest of the day feel free to explore the resort and availability to book other magical experiences** NIHI® has to offer.

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

* 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** 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** in the evening at Nihioaka, anticipating a **celebratory party at Nihioaka**, 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 enjoy the Edge of Wildness™.



"I was looking to connect with animals, and specifically horses, as they had always held intrigue for me. When I discovered NIHI's equine therapy retreat I was both curious and a little apprehensive as I've always been slightly scared of horses, but Carol made me feel instantly safe. We were invited to simply be with the herd, to observe, to listen, and to understand. I learned how horses mirror us, how they honour boundaries, and how powerful it is to build a connection before asking anything of them. It was deeply moving.

What made this even more special was working with Carol, who knows each horse by name, by story, by spirit – many from birth. You don't return from NIHI the same. You return with a deeper understanding of yourself, of nature, and of the quiet strength in just being. This is not something I have found in any other place in the world."

BARONESS REBECCA WEDELLSBORG, MAY 2025



Retreat Inclusions

Signature Experience

- Half-day Spa Safari in a secluded paradise.
- A guided village tour exploring Sumba's rich culture.
- Morning yoga sessions to center your body and soul.

Exclusive NIHI® Touches

- In-villa massage to rejuvenate your senses.
- Happiest Hour at the iconic Boathouse.
- A handcrafted Sumbanese horse miniature as your keepsake.

Curated Dining Moments

- Welcome cocktail and dinner with Carol Sharpe.
- *Dining Under the Stars* farewell celebration.
- Full board, including meals crafted from local ingredients.



SINGLE OCCUPANCY

\$9,900 ⁺⁺
PRICE
PER PERSON

DOUBLE OCCUPANCY

\$10,900 ⁺⁺
PRICE
PER COUPLE

* GUESTS MUST BE AT LEAST 15 YEARS OLD TO PARTICIPATE IN THIS RETREAT.

** THE LISTED PRICE INCLUDES ACCOMMODATION AND ALL RETREAT PROGRAM ACTIVITIES.

*** PRICES ARE IN USD AND SUBJECT TO A 21% TAX AND SERVICE CHARGE.

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.





FOR MORE INFORMATION, PLEASE CONTACT OUR TEAM

RESERVATIONS

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(ASIA TIME)