



# Equine Intuitive Awareness Retreat

FROM 23 TO 28 APRIL, 2026 & 15 TO 20 OCTOBER, 2026

*Edge of Wildness™*

# A Healing Journey Through Horses

WITH CAROL - THE ORIGINAL HORSE WHISPERER

In the heart of Sumba, where nature and ancient wisdom move as one, we invite you into a rare and transformative equine journey, a sanctuary for renewal, insight, and deep connection.

Drawing upon the sacred practices of Sumba's ancient tribes, this retreat offers a rare opportunity for healing, growth, and reconnection. Guided by the powerful presence of horses, revered for their intuition and sensitivity, you are invited into a journey of inner awareness and exploration.

Through thoughtfully curated experiences including energy awareness, meditation with horses, Reiki, sound healing, and yoga, a profound connection unfolds when humans and horses meet in stillness and trust. While nurturing a shared sense of community, the retreat also allows generous space for personal reflection and one-on-one time with Carol, the original horse whisperer.

Tailored to your personal intentions and supported by the Sandalwood horses, masters of the subtle language between horse and human, this experience invites you to unlock deeper layers of renewal, insight, and transformation.

As you immerse yourself in the retreat, children and accompanying partners may enjoy NIHI's world-class offerings, from exhilarating water sports to scenic hikes and bespoke island adventures. For those seeking personal awakening, a deeper connection with nature, or the luxury of true restoration, this journey unfolds as a nurturing sanctuary, where every detail is designed to inspire and restore.

*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 team and our Horse Whisperer.*

## WHO THIS RETREAT IS FOR:

Seekers of clarity. Lovers of nature. Those longing for restoration, healing, and meaningful transformation.

No riding experience required, only openness, curiosity, and heart.







# Retreat Program

While this is a group retreat, your experience is thoughtfully curated to your needs and wishes. Our Guest Experience Team and horse experts will craft a personal itinerary that balances shared moments with space for private exploration.

## EQUINE EXPERIENCES

- Daily guided sessions with the NIHI horse herd
- 3 horseback rides\* (beach sunrise/sunset, jungle trails, or Nihioka sanctuary)
- Swimming with horses in the Indian Ocean
- Horse yoga, meditation, and breathwork sessions
- Leadership and connection exercises with horses
- Sound healing and Reiki with horses
- Access to Carol for private one-on-one sessions (scheduled throughout retreat)

## CULTURAL IMMERSION

- Traditional Sumbanese village tour
- Kuda Heritage Project visit
- Pasola demonstration with local kids
- Introduction to traditional customs and healing practices

## DINING CURATION

- Welcome cocktail with Carol
- Happiest Hour at the Boathouse
- Special themed dinners: Jungle Night, Sumba Foundation Dinner, White Party
- Farewell Dining Under the Stars

## WELLNESS & SPA

- 60-minute in-villa massage
- Half-day spa treatments at Nihioka Spa
- Daily yoga sessions at the Yoga Pavilion
- Firelight meditation experiences

## ADD-ONS\*\*


- Surf lessons
- Waterfall adventures

\*NON-RIDERS CAN TRANSFER THEIR THREE RIDES TO ADDITIONAL REIKI SESSIONS, SOUND HEALING, MASSAGE WITH HORSES, OR OTHER NIHI OFFERINGS

\*\*OPTIONAL EXTRA, ADDITIONAL CHARGE APPLIES.







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

JANE KNIGHT, THE DAILY MAIL, FEBRUARY 2023





EQUINE INTUITIVE AWARENESS RETREAT

# The Rhythm of the Retreat

Guests are invited to arrive a minimum of one day prior to the retreat and depart one day following its conclusion, allowing time to settle into the island and integrate the journey.

## Day One

### CONNECTION & COMMUNITY

Sunrise grounding with the free-roaming herd on the beach, followed by breakfast and a village visit with the Kuda Heritage Project, meeting local weavers and families living with ancestral wisdom. As afternoon softens, return for sunset meditation or a twilight ride, then live music at the Boathouse and dinner at Ombak. Private one-on-one sessions with Carol are offered throughout the retreat.



## Day Two

### SANCTUARY & SELF-CARE

Journey to Nihika Spa and equine sanctuary through Sumba's pastoral landscape by horseback, hike, e-bike, or car. Treehouse brunch, equine connection work, sound healing, Reiki, meditation, and luxurious spa treatments. Return by mid-afternoon, then celebrate at the White Party at Nio Beach Club.

## Day Three

### THE ICONIC NIHI EXPERIENCE

Dawn breathwork and meditation with your equine companion, followed by the unforgettable ride of a Sumba horse into the warm Indian Ocean. Feel the trust, rhythm, and release as horse and wave move as one. Late afternoon Pasola demonstration or charity race, with dinner at leisure.







EQUINE INTUITIVE AWARENESS RETREAT

## Day Four

### INTEGRATION & CEREMONY

Morning horse yoga in intimate groups, flowing in harmony with your equine partner. The afternoon invites rest, reflection, and quiet integration. As twilight falls, return to Nihioka for firelit sound healing, candlelit dinner, and a closing bonfire under the stars.

## Day Five

### FREEDOM & CHOICE

Morning join-up session with your special equine friend, listen to your intuition for ocean bath, meditation, or free play. The afternoon is yours: horseback riding through countryside, waterfall tour, surf lesson, Sumba Foundation visit, or chocolate-making workshop. Celebration dinner under the stars for your final night together.

## Departure Day

Final morning with yoga or a closing ceremony at the stables with Carol and the horses. Carry forward the restoration and wisdom gained as your healing journey continues beyond Sumba's shores.

*"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





# Package Pricing

Equine retreats with Carol are for everyone, all ages and for horseriders / non-horseriders, educational and spiritual, focused on healing, growth, and connection with both horses and self.

GROUP RETREAT II SHARED TRANSFORMATIONAL EXPERIENCE WITH A SMALL, INTIMATE GROUP.

**\$4,000** ++  
PRICE PER PERSON  
FOR FIVE DAYS

\* RETREAT PRICE DOES NOT INCLUDE ACCOMMODATION AT NIHI SUMBA.

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



[WWW.NIHI.COM](http://WWW.NIHI.COM)





# 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.





## Evelien, the Mama Kuda

### THE SANDALWOOD JOURNEY CONTINUES

Five years ago, Evelien took the reins from Carol, carrying the vision forward with renewed grace and devotion. Working closely together, they cultivated a shared philosophy: that horses are not meant to be broken but to remain wild in spirit, partners, healers and teachers for those who open their hearts.

With a background in veterinary naturopathics, Evelien placed animal well-being at the heart of her life's work. Years ago, she stepped away from a competitive riding career in cross-country, show jumping and dressage to embrace conscious equestrianism—honoring horses as they are meant to be: natural, wild, and free. Guided by partnership rather than dominance, she allows the herd to share their true gifts as healers, offering gratitude for their timeless devotion to humanity and giving back through education that inspires kindness and respect.

Calm walks, gentle trots or exhilarating gallops on the shoreline with splashing hooves in the crystal blue ocean. Horse rides are magical. Bitless bridles, intuitive lessons, and careful pairing ensure each rider's journey is harmonious—an experience of trust, understanding, and pure exhilaration.

Evelien and the team of true local horsemen are ready to guide you into the sunset and beyond. Every horse is chosen not only for skill, but for the energy they bring to the guest they meet—each encounter becoming a story.

# Kuda Heritage Project

As part of your retreat, you'll contribute to NIHI's horse charity, which provides veterinary care and education to Sumbanese communities.

During your village visit, you'll witness the joy of children, the colors of ikat weaving, and the simplicity of life guided by ancestral wisdom while learning how the project delivers medical aid to horses, buffaloes, dogs, cats, and other animals across the island.

The initiative teaches young Sumbanese about animal welfare and modern veterinary practices while honoring traditional customs and medicine. It's both grounding and heart-opening, a tribute to Sumba's enduring spirit. Your visit helps fund this important work and ensures the preservation of Sumba's equine heritage for future generations.







FOR MORE INFORMATION, PLEASE CONTACT OUR TEAM

**RESERVATIONS**

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(ASIA TIME)