



## **Group Experience Offerings**

### **Herd Observation**

- Spend time observing our equine herd from our pasture or under cover arena. Reflective observation can be paired with journaling, drawing, or silent meditation.

### **Grooming**

- Interested in a hands-on experience? Groom (brush) a horse and learn how we care for our equine friends.

### **Mindful Journaling / Writing Retreat**

- Integrate horses into your writing practice. Engage with these majestic, sensitive prey animals as fuel for self-exploratory journaling or creative inspiration. Writing prompts can be provided or self-led depending on group interests.

### **Team Building Experience**

- Facilitated exercises with horses to explore communication, trust, and leadership.

### **Homework With a Horse**

- This is designed for after-school groups or homeschool groups. We'll set up tables and chairs, you bring the students, chaperones, and homework! Complete assignments in the presence of our herd.

### **Reading With a Horse**

*Literacy-focused, calming environment.*

- Horses can provide just enough co-regulation and sensory input to foster a both exciting and calming reading experience.
- Book clubs: One-up your neighbor and provide the most unique hosting experience for your group! Enjoy our covered arena year-round with chairs and tea provided. Bundle up and discuss your favorite book in the presence of our equine companions.

### **Private Mindfulness Retreat**

*Breathwork, grounding, and reflective practices in horse presence.*

- This is a 3 hour experience tailored to the specific needs of your group.
- Examples of where this work might be beneficial:
  - Grief/support/recovery groups– being witnessed, delicate nonverbal space-holding, forming meaningful and safe connection



- Introduction to mindfulness – for individuals who want to explore meditation and mindful practices

### **Group Volunteer Work**

- Work together to complete chores or projects around the ranch (e.g. mucking paddocks, cleaning water troughs, filling haynets, or other projects)

Note: Offerings are chosen ahead of time with group organizers; mix and match depending on goals and time.

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### **Logistics & Considerations**

- Group size: 8–10 participants
- Supervision requirement:
  - Groups must provide sufficient chaperones
  - MCEC is not responsible for direct participant supervision. Our role is programming only.
- Cost: Based on program menu selections and staffing needs; customized per group.