

Couples Equine Workshop Itinerary

8:00am – 4:00pm

8:00 – 8:30am **Registration & Welcome**

Light breakfast & coffee
Meet & greet with facilitators
Tour of the ranch

8:30 – 9:15am **The Four Horsemen**

Understanding the verbal/non-verbal cues that can harm connection
Learn about the Four Horsemen of communication
Group activity: Observe interactions and notice when the horsemen show up

9:15 – 11:15am **Aftermath of a Fight**

Building trust, collaboration, and problem-solving skills
Partner activity: Guide a horse into a specific area as a team
Group discussion: What it takes to build trust with the horse—and with each other
Reflection: Applying lessons to conflict resolution in relationships

**11:15 –
11:45am** **Relaxation with Horses**

Learning to self-soothe and regulate emotions
Breathwork and calming exercises with the horses

**11:45am –
12:30pm** **Picnic Lunch**

Blanket-and-basket picnic on the ranch grounds
Enjoy time together outdoors

**12:30 –
1:30pm** **How to Be a Great Listener**

Deepening understanding and connection
Learn skills for attentive listening and reflection
Partner activity: Guide a horse together while sharing the reins, requiring coordination and communication

1:30 – 2:10pm **Reflection Time**

Couples discuss what worked, what was challenging, and how horse interactions mirror relationship dynamics

2:10 – 3:10pm

Fondness & Admiration

Celebrating strengths and building positive connection

Couples groom a horse together, sharing tasks and offering encouragement

Pause mid-activity to share one admiration about each other's approach

Final teamwork challenge: Guide the horse into a specific area

Reflection: Share what moments felt most connecting and what each admired about their partner

3:10 – 3:40pm

Small Things Often

Exploring daily practices that strengthen connection

Learn the principle of 'small things often'

Explore Gottman's '6 Hours to a Better Relationship'

3:40 – 4:00pm

Wrap-Up & Closing Reflection

Group sharing of takeaways

Closing thoughts and farewell
