

HEALING HOTELS OF THE WORLD

The Transformative Power of Equine Therapy

A focus on programs for emotional growth and mental wellbeing



Guests can discover holistic wellbeing at Nirvana Retreat, Tenuta di Paternostro, Dojo Bianco, and NewTree Ranch

30 July, 2024, Cologne, Germany -- Healing Hotels of the World is always on the forefront of the holistic healing movement. The needs for healing are as individual as we are as human beings. Therefore, it is absolutely essential to cater to this varied need by offering a broad spectrum of healing modalities. Equine therapy, or horse therapy, covers a very special area of healing by promoting emotional growth and mental health. The sensible nature of horses enables guests to reach something deep within that may otherwise stay hidden. Through guided interactions with horses, individuals can learn to develop trust, empathy, and self-awareness.

The highlighted properties, Tenuta di Paternostro and Dojo Bianco in Italy, NewTree Ranch in the US and Nirvana Retreat in UAE, each provide distinctive equine therapy programs.

Tenuta di Paternostro: Harmony with Horses in Tuscia, Italy

Tenuta di Paternostro harnesses the healing power of nature by offering equine-guided learning experiences amidst the scenic beauty of Tuscia. Guests engage in workshops and encounters with the estate's free-roaming horses, cultivating empathy, trust, and emotional relief. Treatments are offered in sacred olive groves and under ancient oak trees, inspired by both ancient traditions and modern wellness practices. The estate, originally an equestrian venue, now spans thirty hectares and features luxurious suites, a flourishing vegetable and flower garden, and premium olive oil production, providing an immersive and rejuvenating escape.

Dojo Bianco: A Healing Farm in Rural Tuscany, Italy

Dojo Bianco, nestled in the heart of Tuscany, provides an intimate healing escape with a focus on equine-guided education. This retreat offers a somatic approach to healing, with programs that include yoga, meditation, sound therapy, and personalized coaching.

Guests can enjoy the tranquility of horse paddocks, organic gardens, and neighboring vineyards. With its intimate setting of just four guest rooms, Dojo Bianco ensures a customized and transformative healing experience, rooted in the stunning landscape and rich cultural heritage of Tuscany.

[NewTree Ranch](#): Reconnecting with Nature in Sonoma County, California, USA

NewTree Ranch offers a unique blend of animals and sustainable living on 120 acres of lush farmland and Redwood forest in Sonoma County. Guests can engage in hands-on activities such as biodynamic farming, tree planting, and tending to bees or animals. The Restorative Farm Stay Retreat encourages mindfulness and a deeper connection with nature and animals, including horses. The ranch's luxury accommodations, built with local materials and powered by solar energy, provide a serene and eco-friendly environment for short or long-term stays.

[Nirvana Retreat](#): Equine Therapy in United Arab Emirates

Nirvana Retreat specializes in equine therapy and horsemanship experiences, offering programs designed to relieve stress, build empathy, and treat various mental health issues. Most of the horses at Nirvana Retreat are rescued ex-champions from world-class racing, endurance, dressage, and show events. These horses, having faced trust issues and depression after being injured or abandoned, now play a pivotal role in the healing process of guests. Set on 20 hectares of fertile countryside, the retreat features a 1.3 km horse track, luxurious glamping accommodations, and a range of outdoor activities such as trekking, desert camping, and culinary sessions. The spa at Nirvana Retreat complements equine therapy with Ayurvedic treatments, massages, and nutritional coaching, providing a comprehensive approach to wellbeing.

About Healing Hotels of the World

Healing Hotels of the World is the pioneering global brand committed to healing hospitality. Founded in 2006 by Anne Biging and Dr. Elisabeth Ixmeier, the two collections of Urban and Resort Healing Hotels around the world bring holistic healing travel based on specific Healing Excellence Standards to life. Member hotels are Healing Certified, ensuring that the wellbeing of each guest is taken to a deeper dimension through their holistic program offering. Healing Hotels of the World provides expert consulting and training, empowering hoteliers to fully embrace the healing guest experience. With the online magazine JUST BREATHE MAG and the yearly HEALING SUMMIT, the leading event for the healing hospitality and holistic lifestyle community, Healing Hotels of the World has found unique ways to express and share its vision of enabling travel guests to become whole in body, mind and soul.

www.healinghotelsoftheworld.com

To find selected photo material accompanying this press release, please click [here](#).

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