



Soul Sista's Sacred Shadow Retreat

WITH TRACEY DUNCAN & CAT ROY-STANLEY

4 days of coming back home to you



*17th-20th
September
2026*

*Ditchling,
Sussex*



Testimonials

Tracey and Cat's retreat in Devon is pretty special invitation to reflect & reset on your relationship with you self and your horse. it is all set up with love. Having been on this retreat twice, I can say that it's transformative. It has helped me embark on my own spiritual journey and given insight imto a different way to approach relationships with our horses . The retreat is superbly planned, ensuring every horse and human are held safe. Thank you Cat & Tracey”

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Welcome

To The Sister's Sacred Shadow Horse Retreat

Is a restorative experience for women ready to come home to their bodies, their voices, and the quiet wisdom of horses. With a beautiful blend of sessions to provide the space, support and to ground the mind, body and soul.

We'll safely explore shadow material whilst being held by sisterhood, with the support of Tracey & Cat, and with the calm presence of horses holding steady alongside.

Begin the day with gentle yoga, underneath the morning sun rays. Chat over breakfast about your word for the day. Move into your first session, choose a card that calls to you. Have the horses standing by, ready to guide you back on your journey home. Delight in a vegan lunch, before taking time in nature. Flow into an enlightening afternoon session to befriend another layer of your shadow. Come together by candle light for a delicious dinner before settling down in your glamping pod, to sleep by the munching of the herd.





Join us...



Imagine a transformative space without the stress of preparation with your horse...

Imagine replacing the pressure and stress of travelling your horse with having time to be completely present, and allowing the days to unfold...

Imagine having the time and space where you don't need to go anywhere or do anything other than where you are right now?

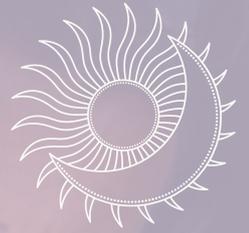
Imagine the freedom to be guided by horses, leaning into the lessons they have to share, without the need to feed, clean, or worry about them as your own?

Imagine the freeing feeling of being cherished for who you are, and what is your authentic truth...

Imagine having the support to bring light to your sacred shadows, and feeling like you can breathe deeper, see more clearly and are excited for the path you're on?



Hey beautiful woman,



We are overjoyed to be sharing our first 'human retreat' with you.

We started creating Equisential retreats in 2022, in the sacred lands of Devon. Where humans and horses adventured together across the beaches, fields and moors, for a week of discovery, growth and relationship.

Many described the retreats as a transformational experience, in their own lives as well as with their horses. For some, it ignited their spiritual journeys; unlocked a new level of connection and reminded them of what they were capable of.

Each person came away with memories to treasure, new meaningful offerings to weave into their lives.





Our why



But the biggest thing that retreaters treasured, was the feeling of sisterhood- a togetherness within the circle of fellow women.

This sense of sisterhood felt like a homecoming. With the most significant shifts unfolding when the circle held the collective energy of the group.

Where each woman could be seen and cherished for who she was. Where she was safe to share, create and be.

Where she could free herself of needing to think about what's next, or what needs to be done... But to simply be in the moment, in the safety of the group and allowing it all to flow.

When we have safety in togetherness, we can lovingly sit with our shadows, the darker corners of ourselves that we may want to hide away. But these pieces of us hold wisdom, and when we sit with them with love, acceptance and curiosity, we can bring lightness to shed the heaviness that is ready to clear. And in it's place, feel more alive, present and grounded.





Within each of us are shadow and light



This is our intention for Sister's Sacred Shadow Retreat.

Where you will experience a blend of workshops from different modalities to support you to befriend your shadows, and come home to you. Discovering what is yours, what is the collective's and what you are ready to set free.

Whilst the retreat is a human experience, the presence and guidance of horses will be at the core. Tracey's herd of equine sisterhood will watch from a far. Offering lessons when they feel called to, and reminding us what is important.

We can't wait to welcome you on this very special experience. One that maybe a defining part of your path, on your journey to coming home.

Love,

Cat & Tracey x





A beautiful blend of Sessions



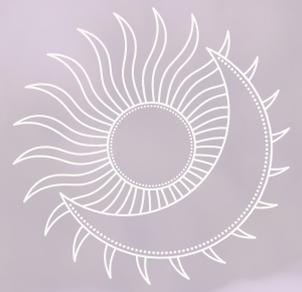
You will flow through different sessions and techniques such as:

- Emotional Freedom Technique (tapping).
- Intuition activation exercise.
- Exploration of social engagement system and how blocks may show up.
- Voice work and group vocal exploration
- Individual healing sessions/coaching to integrate insights.
- Movement through dance, walking in nature, meditations and sound journeys.
- Group discussion & coaching.
- Practical tools to bring back into your life.
- Cacao ceremony with card pulling.
- Despatcho & fire letting-go ceremony.
- Sacred rituals for your horse.
- Creativity





What's included



- Rest & reset with mindful movement each morning.
- Stay in a beautiful bell tent in a field hooves have walked.
- Tasty home cooked vegan meal each evening to close the day with.
- A healthy and nourishing breakfast spread
- A welcome package to set you up for your week.
- A daily wellness bag with thoughtful, hand chosen gifts to bring an intention to your day.
- Support & guidance in and out of sessions.
- Expansive workshops

Practical arrangements

- Parking available on site
- Kettle & Fridge available
- Outdoor shower space



Investment



£900

£250 deposit (non-refundable)

Please contact Tracey before sending your deposit.

A payment plan is available for the remaining balance.



Book Your Space in the Circle

*If you would like to find out more
or be a part of this very special
experience,*

Drop us a message or email:

catherine@balanceandalign.com





Tracey Duncan: Equine Connection Coach

Tracey is a horse centred and heart led ground & ridden guider, horsewoman, shamanic healer, equine medicine woman and equine connection coach.

Tracey **leads from her heart** in everything she does. Not only does she see humans & horses for who they truly are, she makes them **feel valued, heard**, and helps them create a relationship that **exudes joy, connection & honesty**.

Through working with some of the **worlds best horsemen & women**, Tracey has carved and created her own holistic **'being' with horses**, which goes far beyond just a method. Tracey **lives what she speaks**, and appreciates that healing must happen in the mind, body & soul in order for them to **come together as one**.

She unites **different modalities** and areas so that they **flow and work as a partnership**. Tracey is always growing, and finding new ways to help her become the best **translator, advocate and communicator for horses**, as well as being passionate about how we can **understand ourselves on a deeper level**, and walk the path to discover who we truly are.

Tracey believes that **no matter what you want to do with your horse and at what level, it can be done with true connection, balance, softness & feel**.

Tracey is one of a kind, don't miss the opportunity to work with her and spend time with her.

You can find her on her website: traceyduncan.co.uk.

Cat Roy-Stanley: Equestrian Relationship Coach

Cat is an **equestrian relationship & personal coach**, equine body worker, teacher and guide. She is a horse mum of two cobs, Indi & Jack, and lives in her tiny home in Wales.

Cat works with **heart led humans and horses**, individually and as a partnership. Supporting them to grow **safety, togetherness and balance** in their relationship. Where they can take a **breath, gather the resources they need, feel more alive and authentically themselves**. Cat holds a space where individuals can explore their own uniqueness, and incorporates **different modalities** to meet them where they are at, and empower them with the tools to **grow and make meaningful change**.

Through exploring different **countries, approaches, subjects and spheres**, Cat noticed that the string that connected us all was **relationship**. Because as mammals, humans and horses have evolved to find a feeling of **safety with one another**, feel **heard & understood**, and grow emotional, physical & physiological balance.

Cat is always learning and exploring, being curious about the **big picture as well as the intricate details**, and is constantly asking questions, integrating lessons and being guided by her horses.

To her, the most powerful thing we can do is understand ourselves. To determine what is ours to carry, **what we are ready to set free**.

Connect with her on her website: www.balanceandalign.com

