VOL. 11 | Summer 2026

SEA STAR HORSE SANCTUARY

SANCTUARY SPOTLIGHT

53A Riley Ranch Road, Carmel, CA 93923
831-595-2185 | SeaStarHorseSanctuary.org

Galloping into Sweet Summertime

Peppy's Progress: Remarkable Healing & Renewed Joy

Thanks to our supporters and donors, Peppy has been receiving Shockwave Therapy and Equine ProStride injections to ease pain and restore mobility in her hind legs! Peppy has experienced life-long impairment from being born with twisted hind legs and improper care prior to her arrival at the Sanctuary. We're thrilled to share that the treatment from Sea Star's vet is working beautifully. Peppy is running around the pasture, showing off great balance, and standing firmly on her own for tasks like hoof cleanings — no longer needing to lean on Sharon for support like she once did. Beyond the physical gains, her whole demeanor has shifted: she's more playful, joyful, and clearly feeling like herself again. Peppy's progress is a wonderful reminder of what patience, expert care, and community support can do for a horse who deserves nothing less. If you'd like to help continue her healing journey, you can support her care at: *zeffy.com/en-US/donation-form/peppy-needs-your-help-to-live-her-best-life*

New Offering: Somatic Experiencing with Lisa Blum & The Herd

The Sanctuary is excited to offer a new way to experience the collaborative and healing gifts of the herd: Somatic Experiencing with Lisa Blum. This offering is for anyone who has something, past or present, they'd like to work with or resolve. Lisa is a certified Somatic Experiencing Practitioner and Spiritual Director trained in equine assisted trauma resolution. Drawing on her deep understanding of how emotions, experiences, and thought patterns become stuck in the body, she will be working alongside our horses to guide participants through emotional and energetic clearing. A beautiful aspect of Somatic Experiencing is that it's not about the story — it's about how the body experiences an event. Whether your concern is relationships, life transitions, loss, depression, anxiety, anger, or injury, all of us can benefit from this modality. To learn more, email: *lisasuzanneblum@gmail.com*

Mindfulness with Horses: Save the Date 8/22

Our 2026 Summer Series is off to a spectacular start, with beautiful sound serenades filling the pasture in May and June as guests enjoyed guided sound meditation surrounded by our herd. Thank you to everyone who joined us, and to Wendy Moro for filling the sanctuary with healing vibrations. Our next session will be on **Saturday, August 22!** Ease your mind to release tension, bring balance, and experience the serenity of this natural sanctuary. Embrace the equine spirit as you connect with your inner peace. Reserve your spot with a $40 donation that goes directly toward the horses' care: *seastarhorsesanctuary.org/event/mindfulness/*

SEA STAR HORSE SANCTUARY

SANCTUARY SPOTLIGHT

VOL. 11 | Summer 2026

The Herd Leader's Birthday: Kiva Turned 31!

The Summer started off in full swing with a birthday party in the pasture for Kiva with his herd! What better way to celebrate 31 years of a beautiful life than sunshine, apples, carrots, hugs and friendship. We are forever grateful for the leadership, protection, reverence, loyalty consistency, and stability Kiva brings to Sea Star Horse Sanctuary.

Healing Through Connection with Horses: Mandy's Story

Three years ago, my life changed forever when I lost my husband. Like so many people who experience profound loss, I found myself searching for a place where I could begin to heal. I never imagined that healing would come in the quiet presence of a herd of horses, the kindness of a remarkable woman and so many amazing volunteers. Before coming to Sea Star, I had volunteered at a ranch in Colorado where the horses were tied while being groomed. At Sea Star, the experience is completely different. The horses remain free in the pasture, grazing peacefully while we work with them. There is something incredibly special about earning a horse's trust when they are free to walk away at any moment. Instead, they choose to stay. That quiet connection creates a bond that feels magical.

As time went on, Sharon entrusted me with another special responsibility—walking the horses. Those peaceful walks became another part of my healing journey. Every visit to the sanctuary leaves me feeling calmer, lighter, and more at peace than when I arrived. The horses have an incredible ability to quiet the noise of grief and remind you to simply be present. Sharon has always instilled in me that its not about catching and walking the horses, its about connecting with them. That connection is heartfelt and fills your soul with warmth and love.

Now, as I return for my third winter into spring and summer, I feel deeply grateful that Sharon continues to welcome me back to this sanctuary that has become a second home. This year, I endured another heartbreaking challenge. One of my beloved furry companions, Ziggy, was diagnosed with cancer. During that difficult time, both Ziggy and my other dog, Rocco, accompanied me to the sanctuary. The horses offered something beyond words. Their peaceful presence seemed to comfort both me and Ziggy in a way that only animals can. Ziggy loved visiting the sanctuary. He enjoyed watching the horses and simply being in that magical place. Seeing him there, happy and content despite everything he was facing, became another precious gift that I will always cherish.

Sea Star Horse Sanctuary has become much more than a place where I volunteer. It has become a place of healing, hope, friendship, and unconditional love. The horses have taught me about trust, patience, resilience, and living in the present moment. Sharon has shown me what true kindness and generosity look like, and the sanctuary has given me a community that has embraced me through both joy and sorrow.

People often say that horses heal hearts. I know that is true because they helped heal mine. I will always be grateful for Sea Star Horse Sanctuary, for Sharon, for the volunteers who have become friends, and especially for the beautiful horses whose quiet spirits have carried me through some of life's most difficult seasons. They have given me peace, strength, and the courage to keep moving forward—one gentle step at a time.