



Balanced Beings Outdoor Recreation
2148 E. Desert Lane, Phoenix, AZ, 85042
KelseyBauman@bborecreation.com
623-210-2803

Groupon Experience

Meet Ranch Animals w/ Balanced Beings Outdoor Recreation in Phoenix

Purpose Summary:

At Balanced Beings Outdoor Recreation, we believe that meaningful experiences in nature have the power to restore, reconnect, and inspire — and that those experiences should be accessible to everyone. Our Groupon ranch experience was created with exactly that in mind: an approachable, welcoming introduction to the healing environment of an urban ranch, designed for first-time visitors, families, and individuals who are simply curious about what life on the ranch has to offer.

Guided by a Certified Therapeutic Recreational Specialist, participants are welcomed into a safe, supervised, and genuinely joyful 90-minute experience that goes beyond a simple animal visit. From hand-feeding chickens and spending time with friendly goats to meeting horses up close and participating in basic grooming, every moment of the experience is thoughtfully facilitated to promote comfort, curiosity, and connection — between participants, between people and animals, and between individuals and the natural world around them.

Grounded in the same holistic, evidence-based philosophy that defines all of Balanced Beings Outdoor Recreation's programming, this experience draws on the well-documented benefits of animal-assisted interaction and nature-based recreation — including reduced stress and anxiety, improved mood, and a renewed sense of calm and presence. No prior experience with animals or the outdoors is required. Every activity is adapted to the comfort level, ability, and needs of each participant, ensuring that the experience feels safe, inclusive, and genuinely enjoyable for all.

Whether you are visiting as a family looking for something meaningful to do together, an individual seeking a moment of peace and connection, or someone simply curious about therapeutic recreation and what it looks like in practice — this experience is designed to meet you exactly where you are. It is our hope that every person who walks through our gate leaves

feeling a little more grounded, a little more connected, and perhaps even inspired to explore what the ranch has to offer beyond this first visit.

General Information Overview

Location:

- 2148 E. Desert Lane. Phoenix, AZ, 85042
- (623) - 210 - 2803
- Please note: This is a private residence with businesses located on the property. Please, communicate with your point of contact for meeting instructions and avoid disturbing the residence. Thank you for your understanding!

Session Length:

- 1 hour, 30 minutes

Scheduled Through:

- Balanced Beings Outdoor Recreation

Purchased Through:

- Groupon
 - 1:1
 - 1:2
 - 1:4

Participant Experience Level:

This experience is designed for:

- Beginners / First-time visitors
- Families
- Individuals interested in animals and outdoor recreation
- Small groups

Environment & Setting:

- The experience takes place outdoors in a ranch environment. Participants should expect:
 - Uneven ground and natural terrain
 - Weather-dependent conditions
 - Interaction with animals in their living environment

Safety & Supervision:

All activities are guided by staff from Balanced Beings Outdoor Recreation to ensure a safe and positive experience for participants and animals. Activities may be modified based on safety, group needs, or animal wellbeing.

Intended Experience:

- Meet and observe ranch animals

- Learn basic animal handling or care
- Participate in guided ranch activities
- Take photos with animals (when appropriate)
- Ask questions and engage with staff, animals and one another

Animals You May Meet:

- Horses
- Mini Mule
- Goats
- Chickens
- Cats
- Ranch Dogs

Experience Description:

Upon arrival, registration and all required documentation will be verified before the session begins. Participants will be greeted by the CTRS at the Wildcat Ranch gate, where the guided experience officially starts.

The tour begins with a walk through the property toward the chicken coop, where participants are invited to scatter treats for the resident chickens — who are known to offer an enthusiastic welcome of their own. From there, participants will stop at the tack room to secure personal belongings before continuing to the breezeway and horse stalls for introductions to the ranch's equine residents.

When comfort and willingness allow, participants are invited into the goat area for a hands-on interaction — offering treats, petting, and a little playful connection with some of the ranch's most spirited residents. Following animal introductions, the group will make their way to the hitching post, where a Wildcat Ranch – Phoenix horse will be brought out for a guided grooming experience after a brief review of safety guidelines.

The session closes at a natural and relaxed pace — participants are invited to reflect on their experience, offer the horse a well-earned treat in appreciation for its role in the session, and capture photos and video safely with the animals before the group is walked back to the front of the property.