

Greetings,

My name is Jason Laramore, and I am the Program Director for Heroes and Horses. As the 2026 season approaches, we look forward to receiving your application. The Heroes and Horses ranch is located in Virginia City, MT, nestled in the Tobacco Root Mountain Range. Every year, we receive hundreds of applications from men all over the country. My intention with this letter is to fully and clearly outline the expectations so that you may decide wholeheartedly whether this journey is for you. Choosing to attend the Heroes and Horses program is not a lightly made decision. Most of us have families, children, jobs, responsibilities, etc.

First and foremost, if you choose to come to the program, you will assume specific responsibilities. Those responsibilities include ensuring you have a family care plan, adhering to pre-course communications and guidelines, and using the tools we supply to prepare you for the journey ahead. Once selection is made, there is a structured communications plan that everyone must follow to attend the program. These will include weekly emails, scheduled Zoom meetings, and routine check-ins. While at the ranch, you will be exposed to various modalities, some you may have experience with, others you may not. We want men here who are ready, open, and willing to approach what is ahead with Love, authenticity, and vulnerability, regardless of the situation you may find yourself in. Plainly stated, you must be willing to step outside of your comfort zone. We live in a world that is constantly bombarding us with situations, circumstances, and frequencies. Here at Heroes and Horses, all of that gets stripped away. Ranch life is much slower, more deliberate; we get into the rhythm of the earth and nature, moving outside the routine world's rhythm. We learn to navigate with intention, purpose, and discernment. The days can be long, the mornings come early, and there are no shortcuts. While here, you will wake up early, walk approximately 1 mile from high camp to the lower ranch in the early morning, and walk up to your camp in the evening. We have a specific morning routine that we all follow every day, including physical fitness and/or martial arts/boxing, mindfulness, breathwork, yoga, sauna, and various forms of cold immersion therapy. A cornerstone of our program is the digital detox. When you arrive at the ranch, your cell phones and electronics will be secured for the duration of the program. You will not get your phone back until you graduate. Students will have the opportunity to make phone calls to loved ones each week, and you will be able to send letters. Participating in the digital detox is not optional.

Additionally, we have a dedicated chef and run an anti-inflammatory protocol: the nuts and bolts are that if it doesn't walk, crawl, run, or grow, we don't consume it. With that, there is no bread, dairy, processed sugar, nitrates, seed oils, etc. We drink water, black coffee, and tea. No caffeine past 2 pm. Tobacco is permitted; E-devices are not permitted on the ranch, period. While in the program, you will be receiving a lot of instruction on every aspect of horsemanship, ranching, and backcountry maneuvering, and much more. It is vital that you fully commit to this work while you are here.

We strongly encourage those of you who are on any psychotropic, mood-altering, behavior-altering, sleep meds, anti psychotics, street drugs, dependent on any form of alcohol, or drug to meet with your care provider and come up with a step-down plan that works safely for you. The ranch is not set up to be a detox facility. This program is most effective when you show up here at your baseline. There are inherent risks/dangers associated with this program. We do our best to mitigate risk; however, with wildland animals, inclement weather, and other environmental challenges, risk remains. That is why it is highly imperative to come willing to

listen, learn, and train. We understand that fear may arise; you must be willing to move close to that fear, embracing it always. If we sit back and take a look at what is going on in the world around us, the message is clear. The world needs Warriors! We no longer live in a world where we can get by with just getting by. The world is crying out for better men, better fathers, better husbands, better tribe. This world needs men who can stand in unconditional love for their fellow man. We are losing our warriors; we need you alive and awake, so that you may REMEMBER who you were before the world conditioned you to forget. This program is a 360-degree reckoning with yourself. Every construct, wall, self-limiting belief, regret, fear, thoughts of hopelessness and despair, these are all lies ready to be torn down, and burned away. To do so, into the forge you must go, coming out tempered, hardened with love, not anger, facing yourself at every corner.

Lastly, the application is a series of questions designed to help us get to know you and ultimately decide whether this journey is right for you. It is essential to approach these questions with integrity and vulnerability. The more you can open up and give us a no bullshit assessment of what you are facing and not facing, the better we can do our job. Before you start the application, please stop and ask yourself, Is this for me? Am I ready? If the answer is yes, then we welcome you to apply. From my own experience of being a program graduate from 2018, I remember when I applied, I was terrified, actually, verbalizing things, putting thoughts on paper. I worried about what people would think, etc. We review every application. We are not in the business of casting judgment or telling people how to think and feel. This ranch is a sacred container built on love, trust, integrity, courage, perseverance, and sacrifice. This is genuinely a safe place for the American veteran to heal alongside their brothers. It takes courage to apply to this program. I honor each of you who takes this first step towards reclaiming the dignity of your human experience.

With Gratitude,

Jason Laramore
Program Director
Heroes and Horses