



Equine Assisted Learning

One on One Session

One on One Equine Assisted Learning Session

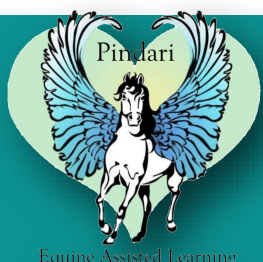
Perfect for clients of all ages and goals.

You do not need previous experience with horses.

This session will last around 60 minutes, in which time you will be offered a safe, supportive experience with the horses for the purpose of self-development in relationships, awareness, boundaries, and choices.

In our sessions we can explore the clients' learning goals, problem solving and goal setting to improve self-worth and confidence. Horses are authentic and non-judgmental, having the ability to help humans to regulate and de stress.

We aim to support our client to experience safe relationships where they can be their own unique self and be seen and heard, being comfortable to explore their emotions, thoughts and beliefs in a way that feels safe and right for them.



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For more details, bookings or any other questions please contact us at:

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