



HORSES HEALING HEARTS

Why Horses?

Horses are proven to be effective in developing social, emotional, cognitive and physical skills. Horses don't judge but they constantly assess. Their feedback is honest and instant. Learning to listen to what horses have to say is powerful and can spur the answer to individual change.

Here are just a few reasons why horses are effective teachers.

- Powerful
- Intimidating
- Honest feedback (horses do not lie)
- Horses look for strong leadership
- Herd community is similar to human community
- Help build confidence and self esteem
- Majestic
- Quick to react



What is Equine Assisted Learning?

Equine Assisted Learning is a learner based educational experience with horses. Participants engage in objectively driven exercises and find themselves learning valuable life skills in a fun and exciting atmosphere while working with horses. Equine Assisted Learning has proven to be effective, powerful, positive and educational. Exercises are developed to encourage self-confidence through validated, hands-on experiences.

Is This Therapy?

We focus on skills to help participants move forward in life, such as how to communicate feelings more effectively by using verbal & nonverbal communication tools. While our horse-assisted learning programs help participants learn how to interact effectively with others, improve self-confidence, build problem solving and decision making skills, it is NOT therapy.

