



CHESAPEAKE THERAPEUTIC RIDING

“SHARING GIFTS TO ENCOURAGE HEALING AND CELEBRATE LIFE.”

## EQUINE ASSISTED LEARNING PROGRAMS



Our Equine Experience Programs initiate profound awareness and growth for individuals or groups. Whether working with individuals, businesses, families, churches or “teams,” these proven techniques challenge each participant to discover who they are, how they interact and how to increase their effectiveness in solving life’s “little” problems. The horses are a learning team member and active participant in the process.

Your focus will be on human skills — not riding or “horse savvy.” The horses that participate as part of our team help you better understand yourself, relationships and the way you communicate. It is important to realize that about 85% of our daily communication is *non-verbal*! We often ignore over *three quarters* of the information available to us in our various relationships. Not true for our horse colleagues! Thus, all our work is done on the *ground* – with, not on, the horse.

***IN THE RING, AT THE FARM....*** Our experiential activities are integrated with our equine friends as full participants. The exercises are designed as metaphors for real life. *You* are the central player. The horses are your alter-egos. And a team of highly trained, certified facilitators sets goals, monitors progress and provides real-time feedback.

Horses are very powerful animals. They have acute senses and intuition. That’s what keeps them alive in the wild! Accomplishing a task involving a horse instills confidence and provides insight as to how we solve—or struggle with— problems in our daily routines. It can be a very emotional experience as well—and the horses know it, too!

Horses mirror back what they sense in us. Horses are honest to a fault. They use their intuition and sensory acuity to know what is happening around them. Most of us have lost this innate talent over the millennia. So many times we have heard a folks frustratingly say, “What is *wrong* with this horse?” Well, it’s *not* about the horse as you will see! Horses are natural coaches and afford us the opportunity to discover ourselves in order to sharpen our skills and relationships.

***WHAT CAN I EXPECT?*** You should expect three things: breakthrough learning about yourself and your limiting factors; hard work finding new approaches to solve problems and to have fun! Our programs are designed to be simultaneously challenging and safe. Both physical safety and care for you are important throughout the experience. The experience is intense at times and its power is acknowledged through building your skills in problem solving, communications and building solid relationships.

***WHAT DO I DO NEXT?*** That’s easy. Make an investment in *YOU* right now. Contact us to schedule your first session and plan your experiences. We will work with you to set up a program of experiences that meet your needs—as a group or individual or both.

Absolutely *no* horse related training or experience is necessary. That’s why we’re here! We invite you to participate in the most profound experiences either of us has had in any learning or training environment!