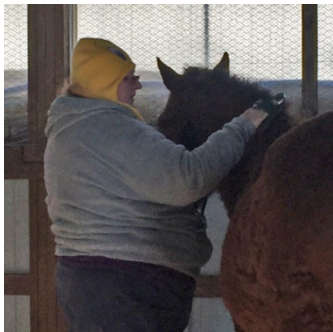




Therapeutic Riding

Equine Assisted Activities

We can do weekly progress notes to facilitate clinical funding
 802-885-4126 erl@vermontel.net
<http://www.dreamoncurls.com>



No Riding Needed !

Dream On Curls Riding Center offers programs for participants that does not require riding –

Equine Assisted Activities

It is widely recognized that the interaction between people and horses has a powerful and varied benefit. The benefits are physical, mental, emotional and intellectual. Horses complement the work of many practitioners, Physiotherapists, OT's, Speech Therapist's, Educationalists and Psychotherapists among others, use equine facilitated activity to enhance their work

Equine- assisted activities provide an opportunity for participants to engage with a non-human. Horses do not judge our thoughts, feelings or emotions. Participants become confident in their abilities to master and control themselves in their environment

Benefits of Grooming :

- Very calming activity
- Strokes of the brush can encourage slower more even breathing
- When grooming – participant can experience and practice the meaning and impact of personal space
- challenges fine and gross motor skills, balance, strength, endurance and hand-eye coordination.

Benefits of Working ‘ On the Ground’ with a horse ~

- Respect for self and others
- Improved communication and social skills
- Boundary setting
- Empathy towards others
- Self control and confidence
- Responsibility and accountability
- Problem solving and cooperation
- Honesty and trust
- Overcoming challenges in a non threatening atmosphere



Working alongside a horse, in spite of fears, creates confidence and provides wonderful insight when dealing with other intimidating and challenging situations in life.

Horses mirror human body language. Many complain, "This horse is stubborn. That horse doesn't like me," etc. The lesson is that if they change themselves, the horses respond differently.. a valid life lesson !