

EQUINE ASSISTED ACTIVITIES



Equine Assisted Activities at Dream On Curls Riding Center

Just a reminder on how physical activity can lead to greater growth and improvement ~ emotionally and mentally ~ allowing for greater success in meeting ISA goals !!

- ✚ Physical movement helps to re-establish brain pathways
- ✚ Physical activity improves mood and energy levels
- ✚ Physical activity improves balance and posture
- ✚ Being active helps to build self confidence and self esteem
- ✚ Physical activities further promotes learning and growth in ISA goals

Dream On Curls Riding Center offers private and group sessions.

Working with the ISA goals of each client; specific lesson plans are developed for each participant. Some of the goals can include: improve self esteem, multi tasking, planning ahead, communication, relationships, being assertive rather than aggressive, self discipline and independence. At times work may be done on the ground to build a bond of trust and understanding between horse and participant. Examples of this may be working through an obstacle course, lunging, grooming, and tacking up the horse.

Individuals with almost any kind of disability, whether temporary or permanent, can benefit from therapeutic riding, which is essentially any physical interaction with horses that is guided by a person trained specifically in this type of equine-assisted therapy.

We can do weekly progress notes to facilitate clinical funding

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<http://www.dreamoncurls.com>

All the necessary forms can be downloaded from the web site !