

The Horse Wisdom Program™

Cost

Investment for the 7-session program.....**\$690**
(Includes GST)

Each session runs for 90 minutes with a maximum of 8 participants.



Registered NDIS Provider

**For participants wishing to use their NDIS funding for the program, the cost can be claimed under Capacity Building - Increased Social and Community Participation (Innovative Community Participation) Item# 09_008_0116_6_3

Dates for next scheduled program:

Please go to our website for upcoming dates.

How to register

Places are limited so please head to our online enquiry form at either of these websites or use the QR code:

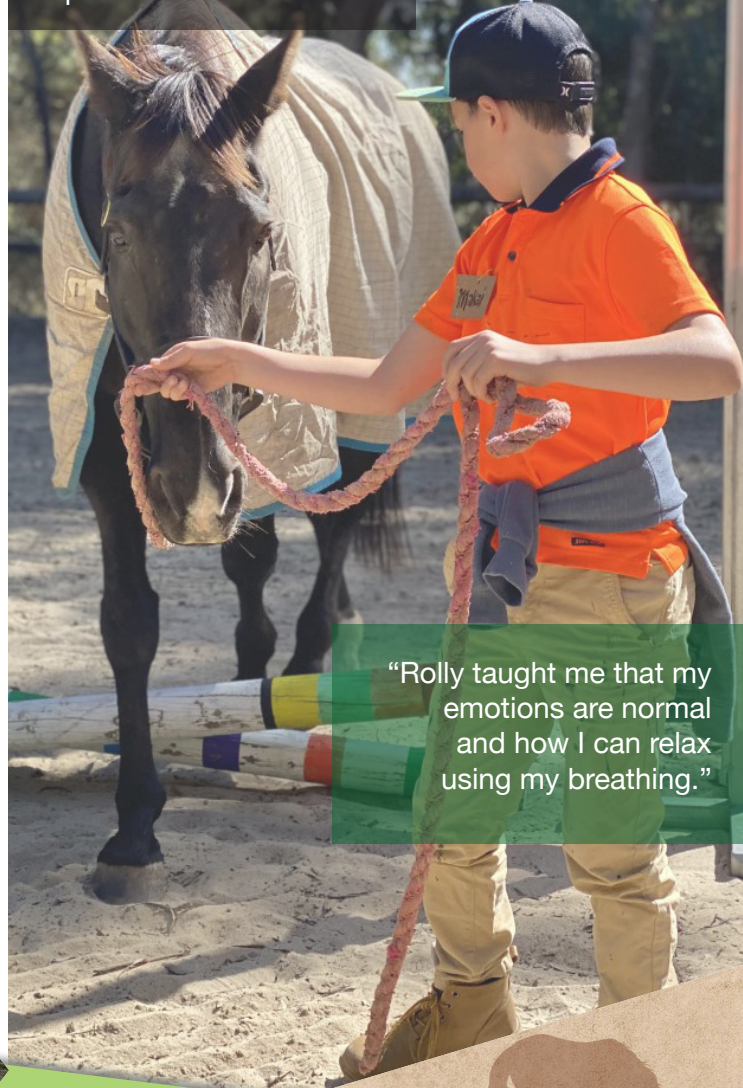
horsewise.com.au
adelaideequinetherapy.com.au



Follow the links to the Horse Wisdom Program page for more info.



“Badger taught me to be confident about showing others my personal boundaries.”



“Rolly taught me that my emotions are normal and how I can relax using my breathing.”



The Horse Wisdom Program™

Supporting human growth and development

Contact Us

+61 08 7200 0311
horsewise.com.au
adelaideequinetherapy.com.au
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Turning 'screen time' into 'green time'

Program Guide

Each session is designed to follow these life skills

Regulation and the 'Calm State'

...is the foundation of physical, emotional and mental health. Learning what settles and calms you and what energises you is the key to being in charge of your own nervous system.

Awareness

...of what is happening in the here and now, inside your body and the outside environment, is what gives you choice to respond rather than react.

Boundaries

...are your "yes" and your "no", what feels okay for you and what is not okay for you in each moment whether it be spatial, touch or verbal contact.

Relationships

Building happy healthy relationships takes time and skill. This week's theme teaches connection, trust, listening, and team work.

Thinking

Becoming aware of your thoughts and words is important. Noticing what you think and say about yourself and others supports a positive state of mind and wellbeing.

Emotions as Natural

Your emotions are information about what is happening for you in the here and now. They help you understand yourself.

Facing Life's Challenges

Life is sometimes good and sometimes difficult. What skills have the horses taught us to support us through life's challenges?



Research shows that being outside in nature helps cognitive, physical and emotional development, as well as building resilience and imagination which are so important for a fulfilled life.

Our program aims to reduce 'screen time' for people of all ages by turning it into 'green time'. Help reconnect your children to the fun of being outdoors with animals as they learn important life skills.

Our Facilitators



Rebekah Popescu
Certified Equine-Assisted
Psychotherapist



Sarah Harris
Certified Equine-Assisted
Learning Practitioner



"Awareness gives us choice to respond. With no awareness, we have no choice and can only react." - MEG KIRBY

The Horse Wisdom Program is a fun and interactive group workshop run over seven 90-minute sessions. The program can be delivered individually or in groups tailored to specific needs and ages.

Horses are highly intuitive, sensitive and powerful animals. Their natural herd instincts mean they are always focused on connection, relationships and their environment. These attributes lend themselves perfectly to teach people about awareness, trust, respect, boundaries, vulnerability and attachment.

Horses naturally live in the 'present moment'. They are constantly aware of their surroundings to ensure the safety of their herd. This can teach us the importance of mindfulness, as they invite us to live in the moment alongside them.