

Horse Harmony

Confidence Building

During our confidence sessions we explore and work with the following:

- What it takes to stay safe
- Developing feel and mindfulness
- Clear communication, assertiveness, consistency
- Planning ahead and the value of staying open to change if required, how to set boundaries and create trust

As we develop these skills our horses will ask you to either step up or lower your energy when necessary, to achieve the desired result. At other times we look to find a new way to approach an issue before it can be resolved.

Cost: **£58/hour**



Horse Harmony Mental Health

Do you suffer from feeling low, mood swings or generally feel overwhelmed by life?

Being around horses can have multiple therapeutic benefits. It can de-stress, calm and lift your mood amongst other things.

Cost: £58/hour

Any person underage must be accompanied by an adult who is comfortable around horses.

Please note: For health and safety

reasons we are only able to offer sessions to people able and willing to follow instructions at all times. We are not qualified in mental health therapy.

Note: We reserve the right to end a session at any time if there is danger to staff, clients or animals. There will be no refund for any moneys paid.



