

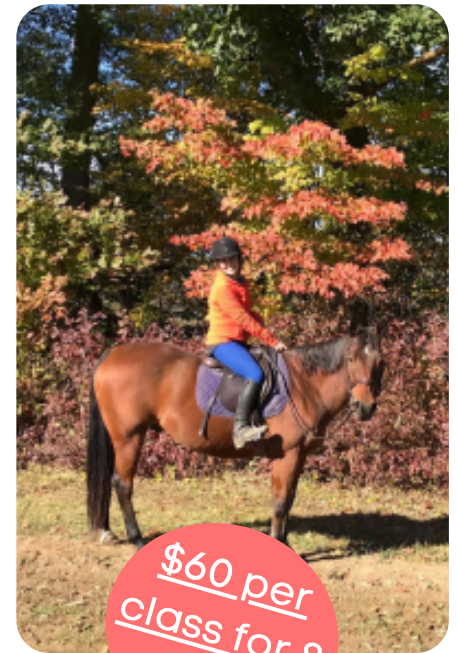


T.E.A.D. Equestrian Association for the Disabled

TAKE THE REINS

NATURAL HORSEMANSHIP FOR ADULTS

Take the Reins is a combined mounted & unmounted program designed for adults who struggle with mental health and/or isolation, and want to reclaim a sense of inner strength and self-leadership. Riding may be an option in the final 2 weeks.



**\$60 per
class for 8
weeks!**

BENEFITS

- designed for adults that are curious about horses, but find them intimidating
- slower-paced learning allows participants to gain trust and confidence
- mindfulness activities reduce anxiety, encouraging emotional regulation
- experiential learning methods connect lessons to real-world situations
- explores horse care, management, and psychology

**For more information or to register,
email troton@tead.on.ca or call
905-679-8323 ext. 226 today.**

*****All new participants must be assessed prior to
joining any TEAD program****

WHY HORSES?

Horses are prey animals and naturally mirror the thoughts and behaviour of others. They respond quickly to our body language, giving participants instant feedback on their actions and allowing connections to develop more easily. Horses are large, powerful animals that can challenge participants to overcome fear and expand their comfort zones. As a result, they gain confidence, empowerment, and self-esteem.