



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

TIME WITH THE HERD

AN EQUINE EXPERIENTIAL LEARNING PROGRAM

Time with the Herd is an unmounted program aimed to provide adults, with or without disabilities, an introduction to accessible equestrian activities.

BENEFITS

- versatile programming for all learning styles and processing levels
- provides direction in judgement-making to guide choices and actions
- promotes physical literacy by mindfully building sensory and gross motor skills
- encourages introspection to better understand and retain lesson materials
- teaches responsibility, leadership, and interpersonal skills



\$60 per class for 8 weeks!

**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.