

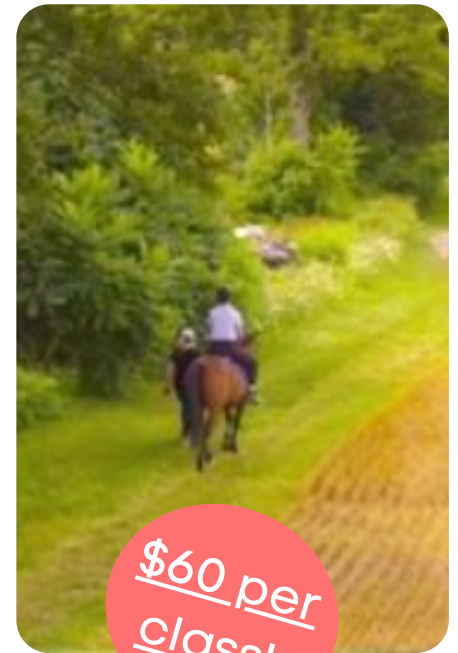


T.E.A.D. Equestrian Association for the Disabled

WELLNESS IN THE WOODS

EQUINE THERAPY IN NATURE

Join us for a relaxing hour-long ride through the trails on our beautiful farm with a certified instructor. This program aims to provide relief to those who are struggling with mental health and wellness.



\$60 per class!

BENEFITS

- focuses on reducing stress and anxiety
- teaches mindfulness, breathing techniques, and stretching exercises
- being outdoors fosters happiness by boosting dopamine production
- builds strength in important core muscles for a great mind-body workout

**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.