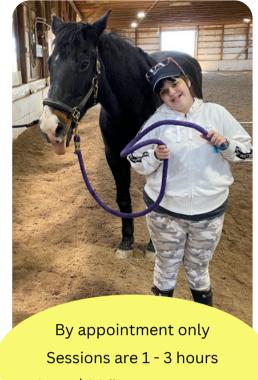


## **EQUINE ASSISTED** LEARNING (EAL)

AN UNMOUNTED EXPERIENTIAL LEARNING PROGRAM

A hands-on, dynamic approach to teaching life skills like leadership, communication, & teamwork using horses.



Cost: \$60/hour per person

## **BENEFITS**

- a non-threatening introduction to horses
- teaches interpersonal skills in a fun, natural, & engaging way
- learn how to navigate unexpected challenges & negativity
- helps participants recognize learning opportunities within themselves
- versatile programming options for all learning styles & processing levels
- anyone can participate no horse experience required

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## WHY HORSES?

Horses are prey animals that naturally mirror the thoughts & behaviour of others. They respond quickly to our body language, giving participants instant feedback on their actions & allowing connections to develop. Horses are powerful animals that can challenge participants to overcome fear & expand their comfort zones, thereby gaining confidence, empowerment, & self-esteem.