Why Horses?

Horses are proven to be excellent partners for experiential therapy.

They are prey animals and have a heightened sense of self and their environment and are incredibly in-tune with the energy of those around them.

Unlike humans, horses live in the present and, for survival purposes, react immediately to outside stimulus. As herd animals, they live in constant connection with others.

The herd is socially organized with a hierarchy and purpose for each member. Using non-verbal communication, they set clear boundaries for each other. Their inability to be judgmental makes their work with humans invaluable in the learning process.

Horses respond immediately and authentically to the energy from their human partners. Their heightened prey senses give them the ability to read any internal tension of their partners.

With the help of their horse "teacher", clients are able to discover their own abilities to lower stress, be "in the moment", and plan effectively to keep their horse engaged in the activity.

Many clients have found that being around horses is a grounding or calming experience while others have found a heightened awareness due to the size and nature of the horse. Each experience is unique, however they all have one thing in common:

Every person has learned at a deeper level because of the horse.

A close up of a person's eye

Description automatically generated with low confidence