

What We Offer

Private and group sessions are available for adults and children on a long-term or short-term basis.

The IdEAL Therapeutic Horsemanship Centre is conveniently situated just off the A17 between Boston and Spalding in Lincolnshire at Sunset Farm, Mill Lane, Fosdyke, Boston, PE20 2BL.

We have both indoor and outdoor arenas that allow sessions to continue whatever the weather.

We also offer Life-Coaching, Hypnotherapy, Neuro-linguistic Programming (NLP) and Reiki. If desired, and appropriate, we can incorporate aspects of these therapies with EAL to create a truly unique and customised therapeutic session.



Further Information

For more information see www.inspired-eal.co.uk; to arrange an informal visit to the Centre to discuss your needs, please call Claire on 07711 642247, Mike on 07729 909186 or email info@inspired-eal.co.uk.

Inspired Equine Assisted Learning (IdEAL) is a fully insured Community Interest Company that offers everyone the opportunity to experience how horses can enhance their wellbeing. To those with particular needs, Equine Assisted Learning (EAL) offers an effective alternative to traditional forms of counselling or psychotherapy.



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The IdEAL Therapeutic Horsemanship Centre



The Benefits Of Therapeutic Horsemanship

Therapeutic horsemanship benefits a wide range of adults and children looking for a new way to improve confidence and self-awareness, including people with behavioural challenges, mental health problems and learning difficulties.

Therapeutic work with horses has been shown to:

- Improve confidence and self-esteem
- Reduce stress, anxiety and depression
- Enhance communication and relationship skills
- Manage emotions and behavioural issues
- Encourage nurturing skills and self discipline
- Develop focus, balance and coordination skills
- Provide a connection with nature and the environment



Activities

Clients can undertake a variety of enjoyable activities and exercises with our horses, enabling them to learn new skills as they develop a partnership with the horse based on trust and mutual respect. Activities may include:

- Discovering how horses use body language and energy to communicate
- Watching the herd to gain an understanding of equine behaviour
- Taking care of horses: feeding, grooming and general stable management
- Interacting with the horse: leading, long-reining and liberty work



Environment

The horse activities are carried out in a safe, non-judgemental environment in a way that encourages personal development. Working outside with horses also stimulates an appreciation of the countryside, conservation, wildlife and maintaining a sustainable natural environment for the horses and the local community.



It is possible for clients to incorporate other interests, such as photography, art, mindfulness or craftwork into their activities. For schools, we can integrate activities with their existing curriculum.