

## What We Offer

Private and group sessions are available for adults and children at the IdeAL Therapeutic Horsemanship Centre, 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](http://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](mailto: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.



Inspired Equine Assisted Learning CIC is a not-for-profit company limited by guarantee, registration no: 9803457

Copyright © 2015 Inspired Equine Assisted Learning CIC



## An Introduction To Equine Assisted Learning



## What Is Equine Assisted Learning?

Equine Assisted Learning (EAL) is a unique learning experience that uses horses as active participants. It does not involve riding and no prior experience with horses is required.

Horses make perfect learning partners as their natural responses give immediate and honest feedback about how we are interacting with our surroundings. Horses respond instantly to our energy and body language without judgement or prejudice to provide an accurate reflection of our current behaviour.

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

## What Are The Benefits of Equine Assisted Learning?

Including horses as part of the learning experience is an especially powerful method to:

- Develop confidence and trust
- Learn how to understand and control emotions
- Enrich relationships and interactions with family, friends and colleagues
- Discover effective techniques to manage stress and anxiety
- Enhance communication and problem-solving skills
- Develop a sense of wellbeing

With these skills we can be successful at home, work or school and in life generally.



## Who Can Benefit From Equine Assisted Learning?

EAL can help people from all kinds of backgrounds, including:

- Adults and children with mental health problems
- People suffering with anxiety or depression
- Children with physical disabilities
- Teenagers in residential care
- People on the autistic spectrum
- Adults and children with life limiting illnesses and their families
- Young people with behavioural challenges
- Armed Forces Veterans and their families
- Carers – young and adult
- Domestic abuse survivors
- Support/activities for youngsters enrolled in home education

However, you do not have to have a problem or special need to come to us. Some people attend for personal development, to build confidence or increase self-awareness.