



# Horse Harmony Sessions

## Supportive Confidence Building

### Confidence Sessions

In our confidence sessions, you'll develop key life and horsemanship skills, including:

- Awareness and mindfulness
- Reading body language and observation
- Understanding assertiveness
- Staying safe through planning and adaptability
- Setting boundaries and building trust

Working with our horses, you'll learn when to step up or soften your energy to achieve balance. Sometimes the challenge is not in pushing harder, but in finding a new approach - together, we discover what works.



For more information:

Ring Iris today on 01938 820407

or e-mail: [hello@humanshorsesharmony.com](mailto:hello@humanshorsesharmony.com)



# Feeling Low? Learning Disabilities? Neurodivergent?

## *Sessions with Therapeutic Benefits*

We welcome children, young people, and adults with learning disabilities, neurodivergence, or those experiencing stress, anxiety, or low mood.

Spending time with horses offers powerful therapeutic benefits:

- Let stress melt away and find calm.
- Experience joy, peace, and connection.
- Build confidence and come out of your shell through this gentle, non-verbal exchange of love and compassion.

**Cost: £48/hour per person**

Under-18s must be accompanied by an adult who feels comfortable around horses (no extra charge).



Please note: For health and safety reasons we are only able to offer sessions to people able and willing to follow instructions at all times. We are not qualified in mental health therapy.

We reserve the right to end a session at any time if there is danger to staff, clients or animals. There will be no refund for any monies paid.

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