



Equine -Assisted Experiences And Group Workshops

HOW TO PREPARE

Read this sheet in its entirety. No prior experience with horses is necessary.

WHAT TO EXPECT

The purpose of Equine-Assisted experience is for all participating to come to a place of expanded understanding of self, and to pave the way for personal positive transformation and growth. This interactive experience can help you see your strengths and challenges with a new perspective, from a place of presence and shifted awareness.

Expect to:

- arrive no more than 10 minutes before your scheduled session.
- Park by the red barn, and wait in Lounge where Maggie will greet you.
- Complete and sign a release form (first visit only).
- Be ready for sessions begin and end on time.
- Leave your electronic devices in the Lounge
- Be outdoors. Our classrooms are the barn, pasture, and round pen.
- Keep your feet on the ground. Sessions do not include horseback riding.

Check the weather forecast for Denton, NC and be prepared. Sunscreen and hats are recommended in warmer months. Sunglasses shall not be worn when working with the horses.

WHAT TO WEAR

Comfortable long pants and closed-toe shoes (sneakers or boots).

REFRESHMENTS:

Help yourself to tea and water available in our Lounge.

SAFETY:

No matter how much experience we have with horses, staying aware of safety is important.

- Please do not feed the horses. They obviously get enough to eat.
- Most of our horses are not known to bite or kick, but they can change their minds. Priya is known to bite under emotional duress, and Fiona is known to kick when she does not feel safe.
- Safest distance from horse's rear end: 6 in. or 6 feet.
- Please do not open or close a gate without permission from Bill or Maggie.
- Please stay off the fences.
- There are no silly questions here. Ask away!!
- Please follow instructions when you receive them.