



Horses have an acute sense of who we are and where we are emotionally. They act as mirrors and this mechanism can be harnessed to obtain real time information. They exude an energy that lends itself to a lowering of our social defenses. In this state of vulnerability, it's possible to find clarity regarding beliefs, judgements, self image and the personal story that both defines and limits life. Having access to this powerful tool can accelerate the process of growth, awareness and the confidence that comes from getting out from under critical self talk. Each horse has it's own way of reflecting trust and the lack of it, frustration, denial as well as relaxation, openness and connection. Let's just say they have the ultimate B.S. detector.

Equine Assisted