



# The Horse's Heartbeat



Equine Assisted Learning  
Equine Assisted Therapy

CONNECT. LEARN. GROW.

At The Horse's Heartbeat we are passionate about supporting people to live their lives in the most fulfilling and meaningful way possible.

For more information, visit  
[www.thehorsesheartbeat.com](http://www.thehorsesheartbeat.com)

E: [info@thehorsesheartbeat.com](mailto:info@thehorsesheartbeat.com)  
M: 0413 335 614

Little River, Victoria





## *What do we do?*

We work with individuals and groups, together with our beautiful horses and ponies, in an innovative, experiential and relational program to support people to become aware, relaxed, build skills, expand capacity and step into their best life.

## *Why horses?*

Horses are highly attuned and aware and offer immediate, non-judgemental feedback to our behaviours and energies. They offer safe relationship and a place for people to move towards deep connection, learning and growth.

## *What is Equine Assisted Learning and Equine Assisted Therapy?*

Participants are offered physically and emotionally safe experiences with horses. This enables participants to explore relationship, awareness of behaviours, thoughts and emotions and awareness of patterns or habits that are no longer beneficial, all while developing social and emotional skills. We work with learning or therapeutic goals that participants have identified.

The goals of the equine assisted sessions may include developing skills such as emotional regulation, self-confidence, boundary setting, assertiveness, managing challenges and better communication, amongst others.

All of this, in a safe, non-judgemental and fun space....outside in nature.

## *What happens in a session?*

Sessions include a variety of activities and interactions, such as:

- Observation of horses
- Meeting with horses at liberty
- Spending non-pressured time with horses
- Touching, grooming and leading the horses
- Leading horse at liberty (leading horses without a lead rope)
- Feeding horses

No experience with horses is needed.

No riding is involved in the sessions.

## *NDIS Participants*

We work with self-managed and plan-managed NDIS participants. Depending on the nature of the session, NDIS participants can bill to Core or Capacity Building funding. Our intake chat and questionnaire will help confirm that we're an appropriate service for the participant.



## *Want to know more?*

[www.thehorsesheartbeat.com](http://www.thehorsesheartbeat.com)

Feel free to contact Andrea at

E: [info@thehorsesheartbeat.com](mailto:info@thehorsesheartbeat.com) M: 0413 335 614