



*Wanneroo Riding &  
Therapeutic Centre*

# Welcome to Wanneroo Riding and Therapeutic Centre



## Service Overview



*Wanneroo Riding &  
Therapeutic Centre*

# *Welcome*

Wanneroo Riding and Therapeutic Centre is situated in 1000 acres of beautiful bushland and is run by a dedicated team of professionals with a vast array of skills, from qualified riding coaches, equine assisted learning practitioners, special needs education assistants and mums of children with disabilities.

It was created to provide you with access to a range of all ability services that can be tailored to your needs, to enable safe, enjoyable interactions with horses, whether it be ridden or on the ground, helping develop lifelong skills, improve self-esteem and self-confidence to help you thrive in the future.

We provide private main stream riding lessons for those who wish to learn and progress in horse riding as well a a full range of therapeutic riding and horsemanship activities designed for pleasure and personal growth.

Our individual Therapeutic Riding and Horsemanship sessions allow us to create a tailored program to work towards your individual NDIS goals through the interaction with our beautiful horses.

Equine Assisted Learning session are designed to help develop social and emotional skills and are run by a fully qualified practitioner, developing skills such as awareness, boundaries, self-regulation, kind and helpful thoughts, healthy relationships and overcoming lifes' challenges.

If you are unsure of which services best suit your needs, call us today for more information

Warm regards

*The management team  
Wanneroo Riding and Therapeutic centre*

## ***Mainstream Riding Lessons***

Our focus is upon teaching students how to ride safely and kindly so that both horse and rider can enjoy the experience. We ensure students understand the basics both in and out of the saddle, so they can progress with their riding and build confidence handling the horse.

### ***Riding 101 – Intro to riding***

***45 Min, \$80***

This is our 5 week group introduction to horse riding course where students learn the basics of riding (mounting, position, how to hold the reins, balance, start, stop, steer and intro to trotting), as well as key theory information (horse behaviour and communication, grooming, tacking and leading), so that they are then prepared to move into our mainstream lessons, setting them up to excel.

### ***Private Kids lessons***

***30 Min, \$80***

These lessons are specifically tailored to children from 4 years and over. These lessons utilise our beautiful ponies and allow your little one to develop their riding ability, with a focus on the sessions being fun and engaging. Students work on progressing their skills whilst playing games and working on the lunge-line. They will progress to riding independently without a leader at a walk & trot.

Available Wed and Thur evening, Sat and Sun morning

### ***Private Riding Lessons***

***30 Min, \$80***

These are for both adults and children in one of the main arenas. Here students will progress their skills to ride independently on a range of horses, progressing their way through our training scale.

We have a number of experience coaches, some with more of a dressage background, others more show jumping and eventing, so have a chat and we can help find the coach who will work best with you to help you achieve your goals.

Available Wed - Sun morning and on a Wed and Thur evening

## ***Therapeutic Riding***

The focus on our therapeutic Riding Sessions is on self-regulation, breathing and enjoyment. Riders can learn the basic skills such as position, balance, stop, start & steer, however the focus is more upon relaxation and enjoyment.

The great thing about riding is that you can't ride a horse without developing your balance, core strength, crossing the mid line and improving your co-ordination and awareness, making it very beneficial.

### ***Group Sessions***

***45 Min, \$80***

These small group sessions allow participants to get all of the benefits of riding whilst also encouraging interaction with other participants, helping to develop better social skills.

Riders help to brush & tack the horse, go into the arena to develop some basic riding skills and stretching, before going off for an enjoyable relaxing trail.

All riders have a leader with them at all times.

### ***Private Sessions***

***45 Min, \$95***

Our private sessions are only available Wed to Fri mornings when the centre is not busy, allowing participants quiet time with their horse, the chance to catch, brush, tack and interact on a one on one level with the horse. They then get to go out for a ride through beautiful bushland, focusing on their breath and relaxation.

## **Funding**

If you have NDIS funding you may be able to cover the cost of therapeutic riding, horsemanship and equine assisted learning using your NDIS plan, if you are plan or self-managed. This usually comes under;

Core Budget – Assistance with social, economic & community participation

Capacity Building Budget – Increased social and community participation

We are happy to review your plan and identify potential funding you can use to pay for this activity.

## ***Non Ridden Activity***

### ***One on one Therapeutic Horsemanship***

***45 min, \$95***

This is a non-ridden program where students can work towards meeting their individual goals through safe, on the ground interaction and horse related activities. Sessions include catching, brushing, leading and developing an understanding of horse behaviour and care. These sessions are great for building confidence, self-esteem and awareness of ourselves and others

### ***Equine Assisted Learning***

***45 min, \$120***

Equine Assisted Learning is a powerful, effective method of experiential learning to help clients with self-regulation and to development of better social and emotional skills. This is done through a series of safe, controlled interaction with the horses (non-ridden).

These sessions are facilitated by a qualified Equine Learning Practitioner who has qualified through the Equine Psychotherapy Institute.

Sessions focus upon the development of the following;

- Self-regulation
- Awareness – yourself and others
- Boundaries
- Healthy Relationships
- Kind and helpful thoughts
- Feelings as information
- Overcoming lifes' challenges

### ***One on one animal interaction session***

***45 min, \$85***

Come meet our very friendly goats and alpaca, notice how much the alpacas will interact with you as you calm and self-regulate, and discover how our cheeky goats keep themselves happy and stress free.

### ***7 week horse wisdom program***

***7 x 45 min sessions, \$630***

This is the flagship program developed by the Equine Psychotherapy Institute and covers off all 7 modules outlined above.

**To book sessions or make any further enquiries please call 0412 922 588**