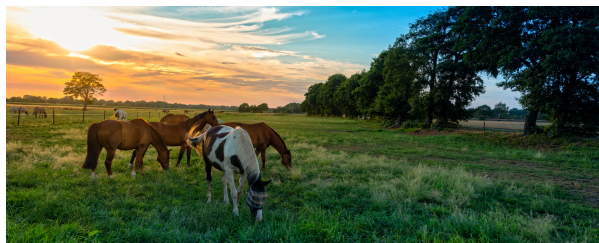


WHY EQUINE EXPRESSIVE ARTS

Perfect Way to Connect with Nature

Are you in need of an outlet? Don't you just love that incredible feeling when you engage in an activity that brings you pure happiness, a sense of accomplishment, and fulfillment in every fiber of your being? It could be something as simple as taking a walk or going for a run with a dear friend, diving into the pages of a captivating book, pouring your thoughts onto the pages of your journal, exploring nature's wonders through invigorating hikes, challenging your skills on the golf course, immersing yourself in the art of carving exquisite masterpieces out of wood, indulging in the satisfaction of constructing or building something remarkable, channeling your creativity through the joy of decorating, or unleashing the artist within by adorning canvases with vibrant strokes of paint. What is it that truly brings pure joy into your life? As for me, my true bliss lies in the great outdoors. The majority of my time spent outside revolves around the company of my beloved horse and cherished family. While I do revel in the exhilaration of riding Thor, our equine superhero, what truly fills my heart with contentment is simply being in his presence. The act of brushing him, providing nourishment, and meticulously tending to his needs with various tools not only brings me a great sense of purpose but also tackles the stress that builds up within me, shaping my mood to align perfectly with where it should be. Engaging in these seemingly simple yet incredibly productive tasks reminds me of the importance of dedicating time to activities that bring me happiness and fulfillment. It is within these moments of self-care that I find myself becoming a better mother, wife, teacher, and friend.

I've seen how the simple yet transformative ways in which we engage with play-like activities in our daily lives can have a profound impact on our overall happiness and well-being. Drawing from my experience as a certified art teacher, I have witnessed firsthand the overwhelming stress and pressure that students face in both school and their personal lives. However, within the walls of my art class, I have observed a remarkable transformation in these young individuals. In a mere 80 minutes, they shed their worries and anxieties, becoming more relaxed and open to connecting with their peers. By actively using their hands and tapping into the creative depths of their minds, they are given an outlet to express their emotions and constructively channel their energy. This process of building, conversing, and engaging in expressive arts helps them to self-regulate, fostering emotional resilience and growth. While this is a vital lesson for children to learn, it is equally crucial for adults to recognize and embrace the power of these practices. For this reason, I have made it my mission to incorporate expressive arts into my curriculum and daily teaching practices. By doing so, I hope to encourage both children and adults alike to rekindle their innate creativity and rediscover the joy and therapeutic benefits that can be found in artistic expression.



What is Expressive Arts

Expressive arts is a vast and captivating realm that encompasses a myriad of creative disciplines, each serving as a conduit for healing and discovery. More than just a means of self-expression, it delves deep into the intuitive and emotional aspects of our being, allowing us to channel our innermost thoughts and feelings through a diverse array of mediums. Whether through the enchanting melodies of music, the graceful movements of dance, the captivating visuals of art, the immersive stories of theater, or the evocative words of poetry, each medium in expressive arts offers an avenue for processing and resolving our innermost struggles. By engaging in these expressive practices, we bridge the gap between our inner world and the outer world, finding solace, understanding, and growth in the transformative power of creativity.

You are probably wondering how horses come into my work as an art teacher. Whether you enjoy being around animals or not, there is something to be said about being outdoors and connecting with the environment. Even though you may not directly interact with them, just knowing that something else exists in the world besides yourself can be a comforting feeling. As social creatures, horses also crave companionship and connection. They have an incredible ability to sense our presence, even stronger than you would expect. In fact, they can detect your heart rate and smell you from up to 5-6 feet away. It's like they have a superpower, specifically Thor. He has this uncanny ability to pick up on your emotions - whether you're excited, anxious, sad, or even calm - without you having to physically touch him. It's fascinating to see how horse communication mirrors our own human interactions and how our movements can play a vital role in communicating with these magnificent creatures. Furthermore, there have been numerous studies highlighting the therapeutic benefits of being in the presence of horses. It's amazing how spending time with them can bring about a sense of calmness and healing.

At an equine expressive arts workshop, you can take a break and freely express yourself while connecting with horses. This creative space boosts your well-being and brings positive thoughts. It's a chance to heal, achieve personal growth, and learn without judgment.

If this sounds like something that is intriguing to you, simply subscribe to the website and you will never miss a workshop or event offering.