

Equine-Imity

Equine-Assisted Learning & Wellness for Youth



Program Details:

Equine-Imity is an unmounted equine-assisted learning and wellness program designed for middle and high school youth who experience anxiety and depression. Sessions can be provided one-on-one or in a group format.

Equine-Imity provides participants with unmounted activities and learning such as:

- Horse behavior → Human perspective
- Horse care → Self care
- Leading skills → Leadership skills

One-on-one sessions are 45 minutes, while groups of 4-10 participants are 2 hours.

One-on-One Fees: \$75 per diem per participant; or \$400 per participant for a package of 6 sessions.

Group Fees: \$100 per participant per session; with number of sessions to be customized.

After participation in this program, participants have the option of shifting to mounted lessons in our Community Lesson Program, per schedule and availability.

FMI: Contact Alissa Luckey,
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CARLISLE ACADEMY
at Spring Creek Farm



About Equine-Imity

We use the tranquil farm environment and our herd of horses to create a supportive and sensory rich experience. In the healing presence of horses, youth learn valuable life skills that help them develop self-awareness and regulate the emotions that arise from feelings of disconnection and uncertainty.

Developing a relationship with horses begins by being fully present and cultivating calm confidence. They are powerful teachers who accept us as we are, offering us insight and immediate feedback without pretense or judgment. The program promotes equanimity, increased confidence and self-esteem, developing empathy and resilience.

All ground-based programs are nationally accredited by the Professional Association of Therapeutic Horsemanship, International (PATH, Intl.) supported by credentialed instructors and horse professionals.