

# Guided

## Equine-Assisted Learning & Wellness for Adults



### *Program Details:*

Guided is an unmounted equine-assisted learning and wellness program designed for adults experiencing anxiety, depression or other emotional challenges that cause feelings of overwhelm and disconnection. Sessions can be provided one-on-one or in a group format.

**Guided provides participants with unmounted activities and learning such as:**

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

Work with horses may involve liberty work in the round pen, leading exercises, group challenges, and herd observation.

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.**

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**CARLISLE ACADEMY**  
at Spring Creek Farm



### About Guided

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, individuals learn valuable 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 wellness programs are nationally accredited by the Professional Association of Therapeutic Horsemanship, International (PATH, Intl.) supported by credentialed instructors and horse professionals.