

HILARY ANTHONY

Certified Equine Guided Facilitator

March 15, 2022

Veterans Treatment Court
San Luis Obispo, CA

2 Day Immersive Equine Therapy Experience for Veterans Treatment Court, SLO

Over the course of two days with the horses, participants will be learning new ways to relate to themselves and others through relationships with the horse(s) in individual and group exercises. We will practice centering exercises, developing new somatic awareness, building curiosity and other ways of looking at the self, learning what it feels like to be present and connected, learning ways to regulate emotions and the nervous system, and how to recognize triggers and their accompanying bodily sensations beforehand so that there is a choice in response rather than falling back on old and potentially harmful reactions.

Recent studies have found that being in the presence of horses can help to decrease anxiety and depression, improve mood, lower blood pressure and heart rate, help to regulate the nervous system, and increase endorphins which relieve stress and pain just to name a few of the tangible and measurable benefits of being with horses. (Dr. Ann Baldwin, University of Arizona)

The foundation for this immersive experience is Equine Guided Education (EGE). EGE is successfully being used for Equine Therapy within programs that focus on Veterans, Active-Duty Military personnel, and First Responders because of its effectiveness.

To learn more about EGE, visit our website at www.skyhorseacademy.com.

Fee for 2-day: \$3,300 for 6 participants = \$550 per participant

Please see pages 2 and 3 for the proposed Itinerary and Logistics.

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Itinerary

DAY 1 10 AM-5 PM

10 AM: Introductions, Check-ins, Building context

11-11:10 Bio Break

11:15-12 Standard practices: Centering Exercise, Herd Observation Part 1 and 2,
Building Awareness of Self and Other

12-1 LUNCH BREAK

1:00-4:30 Working with the Herd, Building Awareness, Learning about
nonverbal communication, Somatic Awareness

4:30-5 Wrap Up, Discussing the Day, Closing circle

DAY 2 10 AM- 5PM

10 AM: Morning Circle, Check-ins

10:50-11 Bio Break

11:00-12 Standard practices: Centering Exercise, Herd Observation Part 1 and 2,
Building Awareness of Self and Other

12-1 LUNCH BREAK

1:00-2:30 Roundpen Exercise—individual focus

2:30-2:40 Break

2:40-4:30 Team Exercise with herd

4:30-5 Wrap Up, Discussing the Day, Closing circle

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LOGISTICS:

- Arrive 9:45 am
- Class starts at 10:00 am and ends at 5:00 pm

ATTIRE:

- Participants must wear toe-covered shoes with good ankle support and no heels.
- Wear Jeans or sturdy pants.
- Dress for coastal weather, meaning wear layers. It could be nice and hot mid-day, and it can be cool in the morning and late afternoon.

CELL PHONE AND INTERNET:

We highly recommend and encourage participants not to use their cell phones during the day because it takes you out of the unique state of consciousness we create during the EGE exercises and will reduce your ability to integrate what you are learning. Please turn off cell phones for the whole day if possible.

LUNCH and WATER:

Participants should bring their water bottles because we do not offer sodas or bottled water to avoid unnecessary waste. However, we do have a place to refill water bottles. We will break for lunch each day for approximately one hour. There will not be time to leave the ranch to find lunch in town, so participants must bring lunch with them. There is a fridge in the barn where participants can keep food refrigerated.

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