

Let's activate these holistic processes of change or healing through riding (therapeutical) support with the horse!

Areas of intervention

- Overload, stress, burn-out
- Personality development and building self-confidence
- Self-perception versus external perception
- Improving communication skills
- Improving social competence (respect, closeness and distance, leadership, teamwork and taking responsibility)
- Promotion of senso-motoric and cognitive development
- Coaching



Implementation

Implementation takes place through direct contact and activities with the horse

- Observations of the social behaviour of horses in the herd
- Care and feeding of the horses
- Exercises with the guided horse (ground work) or free work
- Exercises on the guided or free horse
- Accompanied riding indoors or outdoors



The sessions

The sessions take place in a secure setting. My two horses *Quacont* (mare) and *Ton Quichotte* (gelding) live in an active stable (open stable) together with many other (riding) horses and can follow their natural behaviour as herd animals. They have both been trained to work as "therapy horses".

For our riding (therapeutical) sessions we have a riding hall or an outdoor area at our disposal, and can together explore the surrounding beauty of Allgäu.

You can find us here

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