

HORSE HARMONY



Our '**Horse Harmony**' programme uses the innate **gentleness and intuition** of horses as a catalyst in helping vulnerable people develop self-knowledge and achieve self-confidence.

Participants interact with the horses through **playing, talking, grooming and leading** them in a sequence of structured exercises. In a beautiful setting in Oxfordshire, participants are introduced to the herd of seven horses, each of which makes its individual contribution to the interaction of the group, both equine and human.

The natural curiosity and responsiveness of horses help teach participants the value of non-verbal communication. Through engaging enjoyably with these beautiful creatures, participants learn discipline, concentration and empathy. Participants quickly develop a common interest in having fun with horses, which fosters a **natural camaraderie and team spirit**.

Horse Harmony sessions are:

- Fun
- Motivating
- Non-competitive

This short-break programme includes:

- Safe interaction with horses
- Fresh air and fun in a beautiful setting
- Guidance and discussion led by experienced facilitators



Foundations Short Breaks take young people out of a stressful city environment, to learn the powerful rewards of connecting with horses.

At the end of every session, there is an opportunity to reflect on the value of the experience. This includes insights into their own behaviour and feelings and sharing impressions with the group.

The programme is especially beneficial for young people who have experienced bullying, trauma or abuse. Young people who have been in conflict with authority find that the horses have a natural authority that they can respect.

Horses have a unique role in teaching participants how to recognise their own negative emotions and gradually overcome them. The horses do this by reflecting back in a non-judgmental and intuitive way the human emotions they are confronted with.



Delivery of the programme

Foundations delivers this programme for families and small groups of young people.

Programme duration is normally 1-day, but can be extended to meet the needs of individual groups.

Children with special needs derive particular benefit from the programme.

A teen's experience

'Being around the horses, allowing them to show me how to be assertive without aggression, kind without being ineffective, and how to see the world through their eyes has completely changed my life and the way I see myself and other people'. S Walker



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guiding children to sustainable health