



Equine Assisted Learning

Posh Pony offers caring and professional Equine Assisted Learning programs to people of all ages, backgrounds and abilities to find a unique way of connecting, communicating and caring.

Our programs provide therapeutic horsemanship that can be tailored to assist in developing specific learning outcomes, NDIS goals or a holistic approach to physical and emotional wellbeing.



Some of the many benefits of Equine Assisted Learning include:

- Using the horse or pony as a provocation to spark self-initiated and interest-based learning that can be used to achieve NDIS, individual and therapists learning goals.
- Promoting autonomy and fosters healthy self-esteem and self-worth that encourages our participants to be self-motivated to achieve challenging tasks.
- Being around horses is grounding and promotes feelings of calm and wellbeing
- Social and community participation
- Developing feelings of empathy for others
- Helping relive anxiety, stress and promotes mindfulness
- Developing social skills
- Encouraging self-emotional regulation
- Developing strength, agility and balance
- Specific fine and gross motor skills can be developed and strengthened using task analysis and individual lesson plans
- Being around horses and ponies is also thought to strengthen the immune system

Equine Assisted Learning will foster your capacity to understand and respect the natural environment and the interdependence between people, plants, animals and the land.

We're based in Kurnell in the Sutherland Shire of Sydney but can bring the pony or horse to you if you live in Sutherland Shire or St George area and you're unable to travel.

We're proud to work in partnership with Sensational Kids OT to provide Equine Therapy sessions.

Posh Pony reconnects people with nature by promoting the interconnectedness and interdependence of human beings and the animal world.



Karen Lincoln
0409 034 610
Poshpony1@hotmail.com
www.poshpony.com.au

