



Equine Supported Programs (ESP) Inc.

Horses Supporting Humans *with Resilience, Relationships & Wellbeing*

What does 'Equine Supported Programs' do?

ESP is a not for profit organisation offering Individual and Group based activities in a safe space, natural setting where horses support people to:

- Build Resilience & Feel Empowered
- Enhance Health & Wellness
- Develop Meaningful Relationships

People experience activities with horses which are healing & supportive for their overall well-being (experiential Growth, Learning & Healing) which include:

- Social / Emotional / Mental / Physical Health
- Personal Development, Growth & Learning
- Self-Regulation & Coping Skills
- Health Shifts (healing)
- Rest, Respite & Recovery
- Feeling Supported without Judgment or Pressure
- Free Expression & Play (feel alive)
- Deep Somatic (Body) Awareness
- Ability to Adapt with Healthy Resilience
- Clear Communication (non-violent)
- Engagement & Motivation (having a go)
- Feeling Peaceful & Deeply Relaxed

How much does it cost?

\$5 per person once joining an annual membership:

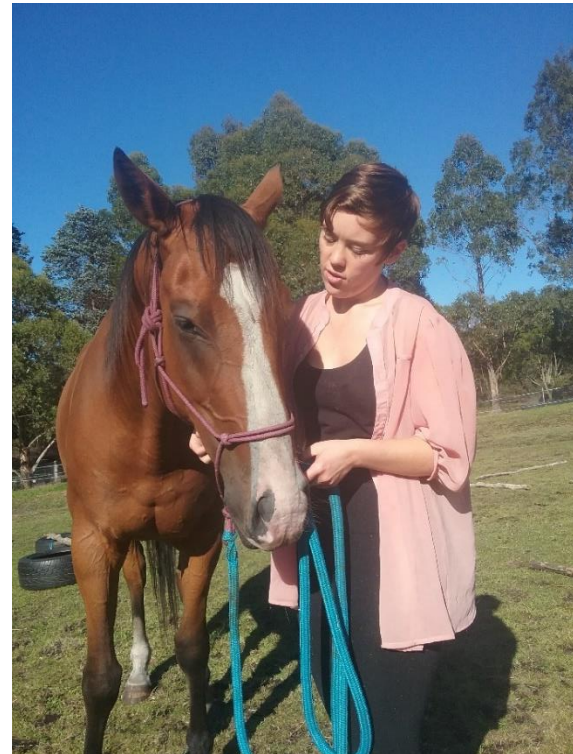
- General Membership \$80
- Concession Membership \$60
- Family Membership \$120
- Organisation Membership \$250

\$50 / person each visit – without membership.

How long does it go for?

Everyone is unique with different needs and desires – simply discuss upon booking. We look forward to hearing from and meeting you soon!

Volunteers are welcome! Enquire to be part of our friendly organisation.



Michelle Roockley 0417 812 258

EPI (EAL) Certified Practitioner / Executive Officer

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Encouraging Comments and Feed-back

"I love being with the horses because I can be myself around them...."

"The equine experience worked with our group because the focus was on the horses, not on us..."

"We loved it here so much and the food was amazing – we want to have our work Christmas Celebration here!"

"When Prince put his head on my solar plexus area – I felt a deep connection and just knew I could cope...."

"Wonderful, energising and grounding – the whole experience and how it was facilitated was excellent...."

"I'm more comfortable about taking a step back and re-adjusting expectations and I'm curious to learn more..."

"I felt a calm acceptance – Good grounding experience – very grateful to horses for accepting me..."

"This has provided 'hope' for me..."

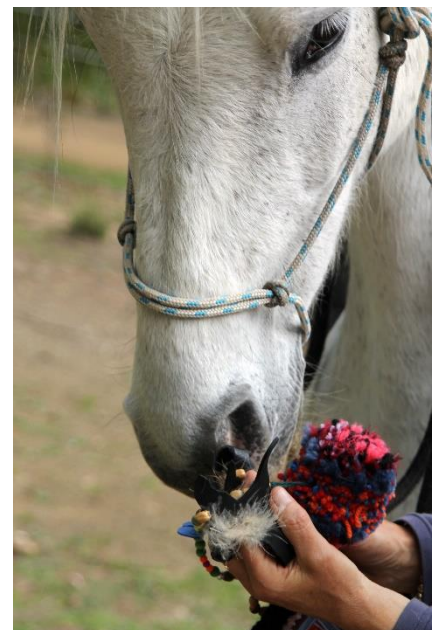
"Much more powerful than I would have expected – Very centring – Thank you ..."

"Provides a powerful opportunity to subtly delve deep – was gently nurturing...."

"I learnt that horses are caring, understanding and have healing qualities...."

"I feel more connected, in tune, empathic and trusting...."

"I really enjoyed the quiet power of this experience. It was unexpected that it was so calming and centring..."



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