



This program is for:

Children, teenagers and individuals with:

- special needs;
- “at risk”
- dealing with social and/or behavioral issues;
- wish to work on personal growth and self-improvement;

and are wanting to heal through the way of the horse.

Barbra-Ann King

An internationally known horse behaviorist, founder of the Relationship Riding© technique and a published author, Barbra-Ann worked for many years with the Calgary Police Service's Youth Wrangler program. Her experience facilitating corporate workshops as well as her education in Horse Behavior and Psychology and Human (Child) Psychology enables her to deliver customized programs, for groups and individuals, based on their specific needs. Barbra-Ann works with autistic children, adults of all ages and mentors at-risk teenagers. The results and changes she has seen in individuals (and horses!) who have worked with her over the years are nothing short of miraculous and life changing.



Knowledge will keep you free from the desire to dominate through fear.

Visit our website at

www.relationshipriding.com



RELATIONSHIP RIDING© ACADEMY
INTERNATIONAL EQUITATION CENTRE

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EASI© Program

Riding Through Life

***A Unique Approach
To Learning Life Skills
Through the
Way of the Horse***



Understanding the gentle teachings of the horse to enrich our personal and professional relationships.

Horse Magic

Horses have proven themselves to be an effective asset in teaching life changing skills such as increased self-esteem and self-confidence, dealing with anger-management, team-building and better communication skills.

The Equine-Assisted Self-Improvement (EASI©) program offered by the Relationship Riding© Academy addresses these areas of personal development. By empowering participants with life skills that will benefit their personal and professional lives, changes will occur in the way they think about themselves as well as how they work as individuals and in teams.

Unlike Any other Equine-Assisted Program

The EASI© program takes the participant beyond the equine-assisted experience by bridging the gap between the horse and human world. As long as the participant's feet are on the ground, they remain in a position of control and domination. Once the participant climbs on the horse's back, the dynamics change drastically as does the trust and respect towards one another; the horse, participant and facilitator. This alone creates a whole new perspective on self-development, facing new challenges without walking away or backing up from an uncomfortable situation.



For people of all ages!

Horses Like to Test our Fuses

True communication between horse and rider cannot be made by force, domination or from a passive rider that lacks discipline and/or guidelines for his or herself. Horses respond better to individuals who are at ease and honest with themselves, assertive and calm, and clearly know what they want.



Angelica, one of our equine facilitators.

Power of Horses

There is a tremendous power that is leveraged when a person's individualism, creativity and spirituality are unleashed. The horse has the ability to gently bring people to this realization about themselves.

This *pro-active*, unique approach to learning and changing habits benefits individuals, in every aspect of their lives, by giving them effective tools to work through their issues and succeed.

A natural relationship is based on nature.

Benefits of the EASI© program:

Success oriented challenges.

Increased self-esteem, self-confidence and trust.

Horse related activities (grooming, caring and bonding with horses) help achieve physical, emotional, educational, social and behavioral goals.

Development of instincts and awareness by observing and attending to a horse (primary tools for handling horses safely).

Development of awareness of self and others.

Non-verbal communication between horse and rider forces the participants to find other ways of receiving and sending information.

Horses are very sensitive to a person's inner feelings and the rider must act in good faith in order to get the desired response.

Small groups and private sessions mean more one-on-one interaction with the facilitator and horses. The participant learns more at his or her own individual pace.

Offers a peaceful, safe and nurturing environment for everyone involved.

Never work against Mother Nature.