



“Very positive and naturally therapeutic

“From the session, I gained clarity and confirmation of personal goals I need to work towards. And from the horse I was drawn to, I also received a stronger incentive to actually achieve them!

“I asked my daughter what her favourite part of her session was and she said ‘every part’. Thanks Soo

“It wasn't what I expected – I thought I was going to be more shut off to it

“What an unexpected treat . . . A delicious surprising experience!



ABOUT US

Soo has trained with several different EEL methodologies. She is passionate about this work and keen to reach as many people as possible. Give us a call today to find out more.



NO HORSE EXPERIENCE NECESSARY

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*Professional. Experienced. Insured.
Working with children and police checked.*



Love Learn Heal



Equine Experiential Learning



WHAT IS EQUINE EXPERIENTIAL LEARNING (EEL)?

EEL is simply the process of interacting with horses (usually on the ground) to facilitate experiential learning, ie learning by doing. The aim is to positively influence people's lives and to promote and support personal change and growth for the long term.

Each EEL session is unique. It makes no difference to the horses whether you are old or young, physically, emotionally and/or cognitively challenged, or just wanting to explore who you are. People of any age may benefit from EEL.

Benefits may include increased confidence and self esteem, better communication, improved motor skills and healthier social skills. Through their honest and non judgmental reactions to our actions and behaviours, horses can give us insight into our true feelings and help teach us how to become authentic, congruent and more self aware. EEL provides participants with a sense of achievement, well being, peace and calm.

The effects of time spent with horses can be subtle or blatant, immediate or gradual, spiritual or otherwise. The effects are usually long lasting. Magic and miracles are not unheard of and we have shared many special moments with clients.



WHY HORSES?

The beauty, power and magnificence of horses has attracted human attention for many centuries. Horses live in the moment and thus are perfect teachers in the art of mindfulness.

Through their silent non-judgemental communication and complete lack of assumption or criticism, horses can help us discover our unconscious beliefs, recognize our habitual behavioural patterns and overcome fears and blocks.

They have a very large and sensitive gut and heart which means they have large resonant surfaces for receiving and responding to emotional information. Horses use heart centred intelligence for greater awareness and connection to all around them. They can help us reclaim our ability to think and feel with our hearts.

Horses respond immediately to changes in our intent and can help teach honesty, openness and vulnerability are healthy options. Mutual trust, confidence, self esteem, self awareness, focus, observation, communication skills, co-ordination, motor skills, respect, empathy and kindness are a few of the many lessons they teach.

Come and experience a Eureka Horse Wisdom horse!



WHAT WE OFFER

Our aim is to empower you, however that might look! We work with all clients on an individual basis and tailor every session to your needs. We are not medical specialists and do not diagnose, categorise, advise, assess or fix! Confidentiality assured.

We support with unconditional love, no judgement and believe there is no right or wrong way of being. We know that it is when expectations and assumptions are left at the front gate that the biggest growth is possible!

Sessions can be for individuals, couples, groups or family units. We particularly enjoy helping :

- **Women.** Mums, grandmothers, sisters, wives, teens...Support your wellbeing with messages from the herd.
- **Teens & adults living with Aspergers / Autism.** Be understood and cherished for the unique and special individual you are.
- **People living with anxiety, doubt and stress.** The herd can help you relax and let go of worries.
- **Carers – of the disabled, the elderly, whoever!** Come for supportive time recharging yourself.

