

Linda Hamm: Ignite Your Horsemanship 'Connecting Kids With Horses' Program



Interacting with Horses can be life-changing for kids and is a wonderful way for them to reconnect with nature.

It seems as though our lives have become so technologically driven that many of the issues our children struggle with today are anxiety, stress, depression, emotional health and low self-esteem.

Kids spend more time than ever indoors in front of screens and less time outside in the fresh air. Being outdoors in nature excites the senses and is a very important part of kids development.

Horses are nature in one of its finest forms! Learning to communicate with horses on the ground face to face can be exhilarating, empowering and helps kids to have a sense of purpose.

These are just some of the benefits of interacting with horses:

- Communication and leadership skills
- Trust, Respect, Compassion and Patience
- Confidence and Self-esteem
- Relationship and Social skills
- Mental and Physical well-being

What they will learn:

- Horse Psychology (How Horses Think and Learn)
- Horse Behaviour (How to Read Body Language)
- Horse Communication (How to Speak Horse)
- How to safely approach and halter a horse
- Safety around a secured horse
- Grooming (Why, How, Tools)
- Develop leadership skills
- Leading and controlling a horse on the ground
- Leading horse through an obstacle courses
- Add so much more!

Horses are experts at reading body language and listening to their feedback can help us become better communicators. They are smart, perceptive and they know what's going on before we do. Horses have an amazing ability to teach us about ourselves and can help with personal development. Establishing a relationship with a horse is fun, exhilarating and challenging.

*Please note there is no riding in this program (Groundwork Only)

Location: Mission Horse Club - 9457 Stave Lake St. Mission, BC

\$50 per session (1 hour) 4 per month(\$200) Ages 8-16 / Groups of 2-3

**For registration or more information contact Linda at
lhamm.horsemanship@gmail.com or 778-868-3724.**

Horses can bring out the best in all of us!