



## SPECIAL SPIRIT ADAPTIVE RIDING PROGRAMS

### HORSEMANSHIP

Introduction to Horsemanship begins with learning basics to be safe around horse(s). Participants learn how to groom, tack up, and handle horses on the ground.

### RIDING LESSONS

Riding lessons focus on developing basic riding skills, building confidence, and ensuring safety both on and off the horse. Lessons include both Western and English riding. Riding provided to all abilities.

### WALK & TALK TRAIL RIDE

An experience that encompasses emotional intelligence and social engagement while also learning the basics of horsemanship and trail riding. Participants in the Walk and Talk program will learn basis riding skills of how to ride a horse safely in a trail setting. This program is designed to encourage participants to have meaningful discussions with one another and/or with our staff and trained volunteers.

All our programs utilize PATH and EAGALA protocols, our team is committed to providing and ensuring the physical, emotional, and mental benefits of Equine Assisted Services. Understanding the holistic benefits and connection of horseback riding, SSI certified riding instructors also teach individual and group horseback riding lessons for beginner and intermediate riders and foundational horsemanship training. Each student is assessed and evaluated for their unique needs, goals and desires and individualized lesson plans are devised and revised to support these goals.

- The minimum age for the program is 3 years old.
- There is no maximum age to participate in our programs. For the well-being of our horses there is a weight limit of 185 lbs. This is subject to change.
- We accept riders with all disabilities, providing that PATH (Professional Association of Therapeutic Horsemanship) does not list the disability as a contraindication to riding.
- All riders will be provided an ASTM-SEI approved helmet. Riders are recommended to wear long pants and must wear closed toe shoes or boots.
- Riders will use standard English or Western tack.
- Each rider, pending need, will be provided one teacher, a side-walker and/or lead line.
- Please be sure to arrive 5 minutes BEFORE your session's start time.

For more information contact us at (323) 661-3090 or [info@specialspirit.org](mailto:info@specialspirit.org)

<b>Single group lesson fee: \$95.00</b>	<b>Package of 4 group lessons: \$340.00</b> Package of 4 must be paid beginning of each month and taken within the same month.
<b>Single private lesson fee: \$110</b>	<b>Package of 4 private lessons: \$380.00</b> Dependent on client's needs private lessons for at least the first month may be required Package of 4 must be paid beginning of each month and taken within the same month.

### All abilities are welcome, lessons are 45 minutes

**CANCELLATION POLICY:** Cancellation notice must be made at least 24 hours prior to the scheduled lesson in order to receive full credit for the lesson. All package lessons must be finished within the month of purchase, make-up lessons can be provided pending availability. We do not offer cash refunds.