



Connection begins here.

Unbridled Spirit invites a person to connect through animal-assisted learning. Life events can create confusion and inner turmoil that isolates us.

Animals open our hearts to unconditional love. They give us agency to harness our strengths and facilitate meaningful interpersonal connections. Our team of animals and humans see a person in their wholeness without labels.

Unbridled Spirit invites you to create new wellness goals, look at possibilities and let go of ineffective habits.



Individual Session - \$100

Family Session - \$150

Energy Clearing with Horses - \$100

Wellness programs for Schools,
Businesses and Organizations - Inquire
for pricing

Our mission is to empower social-emotional wellness and human connection through equine experiential learning and other innovative methods.



IGNITE YOUR SPARK



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To be inspired visit the
blog on our website

www.unbridledspirit7.org





INDIVIDUAL – YOUTH AND ADULTS

- Create a deep connection with an animal partner who offers honest gentle reflection while developing mutual trust
- Cultivate self awareness and increase respect for self and others
- Discover our own strengths



FAMILIES

- Explore family dynamics
- Improve communication
- Set goals as a family
- Enjoy family fun together

SUPPORTING MENTAL WELLNESS

- An emotionally safe environment makes vulnerability possible for healing
- Explore and re-imagine one's narrative
- Work through difficult emotions while in the horse's heart space
- Discover one's inner wisdom
- Celebrate small successes and resilience
- Restore hope



RESULTS

- Increased self confidence
- Empowerment to overcome obstacles
- Understanding one's needs for self care
- Increased hope
- Reduction of anxiety, loneliness, depression

SCHOLARSHIPS AVAILABLE

Individual Youth and Families who have experienced anxiety, trauma, marginalization and need support for navigating transitions.

WELLNESS MODEL

Unbridled Spirit's practice of Hope Science is research-based. In the arena with horses, individuals develop meaningful goals and explore the pathways to reach them. Identifying one's support system is essential for the willpower to maneuver the pathways.



GROUP SESSIONS/ BUSINESS RETREATS

- Rejuvenate your team
- Incorporate clear communication
- Build understanding and trust
- Assess work life balance