

COMPASSIONATE CONNECTION THROUGH HORSES

www.connectionthroughhorses.co.uk

Intake Farm, Stang Top road, Roughlee, Nelson BB9 6NZ

Costs of Person Centred Services Provided

Psychotherapy & Life coaching

One 2 One	£65 per Session 1.5 Hours
Telephone / Skype	£50 per Session (1 Hour)

To benefit from a reduced rate for each Life Coaching Session I offer a set of 6 telephone sessions priced at £250

Emotional Freedom Technique

One 2 One	£150 for 3 Hour Session
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Once you have learnt how to use EFT you can continue your self-development by Short One 2 One or Telephone / Skype Sessions

One 2 One	£65 per 1.5 Hours
Telephone	£50 per Session (1 Hour)

Equine Facilitated Learning

One 2 One	£165 per Half Day
One 2 One	£250 per full Day

Individual Sessions with your own horse can be arranged

You should be able to get detailed information on my website which is www.connectionthroughhorses.co.uk about all the services listed.

For more information or to book please call or visit the website

Telephone 0781 1252175

Email Karen@connectionthroughhorses.co.uk

www.connectionthroughhorses.co.uk

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Costs of Horse & Rider Centred Services Provided

Equine Muscle Release Therapy (Bowen Therapy)

The First Session includes: *Physical Balance Assessment For You & Your Horse*
Tack Assessment
Holistic Health Check Horse
Therapy Treatment For Your Horse

Initial Assessment & Treatment

(1 ½ Hours per horse)

£65 per session

Travel costs will not be charged within a 20-mile radius of Intake Farm.

Bowen Therapy for Riders

These sessions are by appointment with Karen at Intake Farm or at your yard
£45 per session

For a Range of other Therapies offered

See [Health Connections UK](http://www.healthconnectionsuk.co.uk) at www.healthconnectionsuk.co.uk

Individualised Holistic Rehabilitation Plan

Karen will plan an individualised physical / psychological rehabilitation plan for you and your horse. This is offered as: - One to One training
Half day or Full Day Intensive Sessions

Half-day Sessions can be shared with a friend or designed as a Workshop for a maximum of 4 people.

You can expect to learn and develop skills that benefit your horse in: -

Assessing Body Balance and ill fitting tack

Learning Stretch Exercises to improve flexibility

Learning ground skills that will improve your Horses Muscle Tone and Flexibility

Improve your training skills in relation to your horses ridden work

Creative Pole and cone exercises specific to your horses body Balance

One 2 One £65 per session (1.5 Hours)

Half Day Workshop – 3 Hours Duration

Individual	£130
Shared	£ 65 each
4 person	£ 35 each

Intensive 1 Day Workshop

Individual	£300
Shared	£150
4 person	£75 each

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