

Transformation and Healing through Horses, Sound, Nature, Art



HOLISTIC EQUITATION

CLIENT INFORMATION PACK

Mobile: 0478 7111 80 45 Connors Lane, Seville, Victoria, 3139
www.holistichequitation.com.au



Welcome, HOLISTIC EQUITATION is a Caring, NON-RIDING Equine Therapy Centre that also offers CLAY & ART THERAPY, EFT, NEUROGRAPHICA, MINDFULNESS, SOUND HEALING AND SHAMANIC DRUMMING

Our focus is on helping you find more peace in your life, being mindful, improving relationships, reduce stress and increase joy and happiness, whilst honouring both you and our horses to assist in building life skills, emotional intelligence and capacity in all areas of your life.

OPEN MON-FRI. NDIS friendly. Bookings Essential.

We offer 1-3 hour sessions, family sessions, in-house respite, group sessions and workshops.



H.E. PROGRAM TO HEALING AND TRANSFORMATION



EQUINE THERAPY

Equine Therapy is now a proven world wide method of therapy that is known to assist people dealing with emotional and physical trauma. The heart beat of a horse is known scientifically to entrain the heart rate of the participant bringing about heart-mind coherence. This is why non-verbal children will often speak around a horse.

The premise of equine therapy is that interacting with a horse in a safe environment can complement traditional treatments that support ones recovery. Like dogs, and dolphins, horses are keenly tuned into peoples thoughts and emotions, they often provide an unjudging mirror and hold space for emotional processing. Interacting with Horses helps the participant build confidence, improve their social capacity, create more resilience and bring about a sense of peace and calm.

EQUINE ASSISTED ART THERAPY

Jo and Emma are qualified NEUROGRAPHICA Specialists, and Emilie is a transpersonal art therapist. Our Team have an extensive history and many years experience in multiple modalities along with lived experience.

Why art therapy? When words are not enough, we turn to images, colours and symbols to tell our stories. In telling our stories through art, we can find a path to healing, recovery, and transformation. Emotional distress may be calmed by relieving the energy and emotions onto a canvas or any art medium. Art is a mindful and meditative process that helps us grow as human beings, keeping us rooted and in touch with our inner self, instilling peace and patience. It relieves anxiety and depression and helps to calm a busy mind. When art is combined with the presence of our horses, our creativity is expanded as we access deeper parts of ourselves.



IN HOUSE RESPITE

Reclaim your inner self and rejuvenate depleted energy levels as you immerse in the tranquil setting and Grand Manor Home at Holistic Equitation. We are set on a luxurious 20 acres, surrounded by sacred trees, watering holes and an encapsulating mountain view. Our in-house respite packages are tailored to your requirements and include wholesome home cooked meals, equine therapy, cuddles with furries, mindfulness activities, art therapy, sound healing, heart felt conversations, walks around the garden and if you like, swimming in our expansive 2 acre spring fed dam. Our large rooms have the most comfortable beds and you have your own bathroom. There are multiple rooms to retreat to including a large screen movie room.



SHAMANIC DRUMMING

Whether you're looking to reduce stress, boost creativity, or build social connections, shamanic drumming can be a powerful tool to help you achieve your goals.

Many tribes used drums in ceremonies and celebrations to call Spirits and help people directly connect with the Spiritual World.

Drumming creates a powerful state of presence, which takes you out of processing the past or worrying about the future (and out of your stress response) and brings you instead into a state of freedom within the present moment, where everything is possible. Easy meditation.

Either one on one or in a circle, come and enjoy a Shamanic Drumming session with our beautiful human and furry facilitators.

SOUND HEALING

Given that everything has a vibrational frequency, including ourselves, it makes sense that sound frequencies impact our bodies. In fact, it is an archetypal language, instinctively recognised by every cell in our body. That's why certain types of music often bring about specific types of emotions. Sound healing, which is an ancient healing practice, uses tonal frequencies to bring the body into a state of vibrational balance, healing and harmony.

Sound healing works by activating the parasympathetic nervous system – the opposite of the stress flight or fight response, it slows down your breath rate, your heart rate and even your brainwaves, putting you into an almost trance-like state. Jo has witnessed some of the most profound healing and esoteric experiences in her clients after a sound healing.

Jo is a certified Sound Healing Practitioner, specialising in Gongs.



CORPORATE & GROUP WORKSHOPS FOR KIDS & ADULTS

Our team at Holistic Equitation are very experienced at running workshops, groups, team building and tribal gatherings.

We have kids, tweens and home schooling programs, as well as special needs programs. We tailor workshops and events for groups based on the needs and desired outcomes.

Our programs include art therapy, clay therapy, equine therapy, mindfulness activities, sound healing, drumming, team building, boundaries and more. Jo has also been a guest speaker and teacher at many international and local events.



MINDFULNESS SESSIONS WITH HORSES

Studies suggest that focusing on the present moment can have a positive impact on health and well-being.

Mindfulness-based treatments have been shown to reduce anxiety and depression. There's also evidence that mindfulness can lower blood pressure and improve sleep. It may even help people cope with pain. Mindfulness is a type of awareness in which you observe what you're sensing and feeling in the moment, without interpretation or judgment.

Among many other modalities, Jo studied has studied advanced meditation and a Level 3 Diploma in Mindfulness, she also created her own style of finding the present moment with animals, aptly named the Pillar of Peace.



WHAT IS NEUROGRAPHICA ?

It is a method of creating mind and body connections through a combination of art and psychology. The word 'Neurographica®' comprises two words: neuron = "a cell that carries messages between the brain and other parts of the body, the basic unit of the nervous system"; and 'graphics' = "the artistic use of pictures, shapes, and words".

The author of this method is Dr. Pavel Piskarev, a Russian psychologist, architect, artist, and business coach, he had the name "Neurographica®" suddenly pop into his head on April 29, 2014 and now there are thousands of practitioners of psychology and lay people using this method to understand themselves better. Dr. Piskarev is a Doctor of Psychology, professor and Head of the Institute of Psychology of Creativity, an author of many techniques, practices, and founder of four coaching schools. Neurographica® art is a simple way to work with the subconscious mind through drawing, To transform one's stress and fear by drawing freeform lines and then later using a specific algorithm to transform the stress into a beautiful work of art and connection to ourselves.

Neurographica® is a transformative artistic tool for working with the unconscious through graphic drawing. By drawing Algorithms developed by Pavel Paskarev, PhD the author of Neurographica® you can destress, connect to your inner voice and develop your creativity. You will begin by drawing to remove your inner limitations which will begin the process of you learning a lifelong tool to grow in your life and learn a process of self love.

The process of creating happens for us all and takes many forms and is very individual. Each drawing, using the Neurographica® methods are all unique and beautiful. There could be an Algorithm that is being demonstrated in a group setting and everyone is following along and drawing together. Not one drawing will be alike, but they will all be beautiful, and the message coming from the drawing will resonate to each individual person. You are connecting to unconscious self and only you will have the understanding and meaning of your drawing. It's a beautiful experience.

Jo takes one on one sessions, group sessions and zoom sessions and has been a guest speaker and teacher of Neurographica at conferences and events.

<https://www.holistichequitation.com.au/neurographica>



OUR 4 MINDFUL, MEDIUMS OF LEARNING, HEALING AND TRANSFORMING.

HORSES

Horses model strengths of cooperation over competition, relationship over territory, responsiveness over strategy, emotion and intuition over logic, process over goals and a creative approach to life. Developing a partnership and trust whilst mindfully regarding the horse, forces self observation of ones entire state and being. By tuning into the healing forces of horses, we naturally allow the entrainment of their energy field creating an inner space fo peace, healing and personal transformation.

ART

When words are not enough, we turn to images and symbols to tell our stories. In telling our stories through art, we can find a path to healing, recover and transformation. Emotional distress or rebellion may be calmed by relieving the energy and adrenaline onto a canvas or any art medium. Art is a mindful and mediative process that helps us grow as human beings, keeping us rooted and in touch with our inner self, instilling peace and patience.

NATURE

The magnitude of nature can shock our minds into silence. We see colour, shapes and perceive the continuous fractaling that exists throughout the universe. We feel heat, rain, wind and experience the natural polarities of ferociousness to tranquility. We come to realize that we are all parts of these forces and yet we judge our own behavioural demonstrations, when in fact it may actually assist our intuitiveness, boundaries, and be a necessary and an acceptable part of our self-discovery and survival.

SOUND

Energy is a naturally vibrating substance. Atoms vibrate all of the time and vibration is naturally linked to sound. Our bodies are a collection of cells. These cells are affected by things in the environment, inclusive of physical diet and external stimuli. Sound is an archetypal language, instinctively recognised by the body. Sound healing uses sacred instruments and binaural beats to entrain the brain and release energetic blockages, stress and anxiety to induce a state of ease and harmony in the body.





THE TEAM AT HOLISTIC EQUITATION

Jo SHEVAL ISKRA

Jo has studied many modalities and spent decades learning from some of the best horseman/women in the world to develop her own style of healing and being with horses. Jo brings a unique gift of art, intuition and analytical mindset to the group. Jo's primary gift is communicating a message. Jo is very multi-dimensional and reads energy fields of animals and humans. Jo has been an educational speaker and teacher at many conferences including the Cosmic Consciousness Conference. She is a mother, a wife and values all her relationships. She spent many years as an animal and wildlife rescuer and has been a prolific music and content creator developing many programs, writing books, articles, workshops and teaching tools to help make the world a better place for all sentient life.

Jo is a Qualified Equine Therapist, Graphic Designer, Neurographica Art therapy Specialist, Mindfulness Instructor, Sound Healer and EFT practitioner.

EMMA JEPH(OTT

Emma is a mother, a daughter, a wife, a sister and an aunty. Emma is a non-indigenous woman of country and a guide in assisted healing. Emma has lived experience with trauma and has a deep level of understanding the importance of providing a safe space for clients to explore healing. Emma utilizes the DBT framework of mindfulness, emotional regulation and interpersonal relationships to allow clients to gain insight into themselves and their journey forward. Emma is a qualified Mental Health Practitioner, an established artist and Equine Assisted Art Therapist. Emma is a qualified Neurographica Art Therapist and has also dabbled in sound healing. Emma has been working at Holistic Equitation since the beginning of 2022 and has developed an incredible rapport with the animals and clients.

EMILIE AL(IATO

I am a mother, birthkeeper, early childhood educator, transpersonal art therapist, shamanic craftwoman, gardener and dance lover.

I provide education, mentorship, art therapy, workshops and services that reconnect women to their truth, creative expression, innate power and wisdom. This helps women to feel confident and to self advocate for themselves. The focus of my work is to guide you to find your sacred neutral space where peace and wise insights reside. No matter what's going on or arising I can provide a space where you can feel strong and in charge of your path. I run Shamanic Drumming, women's healing circles and Shamanic Drum making workshops.

Learn more here about our team: <https://www.holistichequitation.com.au/holistic-equitation-profiles>

GALLERY OF TRANSFORMATION



Holistic Equitation Client Information Form

45 Connors Lane Seville 3139

Arrival

Please enter the driveway on the left of Connors Lane and park your car at the bottom of driveway. The horses and arena are on the other side of the house. We will greet you in the carpark.

However, if we miss your arrival as we may have things happening with a client or horse, please make your way over to the arena on the far side of the house, as we do not always see cars arriving. Thank you :)

(Please look for number 45 letter box and sign on left hand side as GPS will take you past the gate)

If you get lost please text your facilitator: Jo on 0478 7111 80 or Emma on 0413 006 775

Holistic Equitation was initiated in 2005 by Jo Iskra. In that time, Jo has run many programs, workshops and one on one sessions. We support individuals, children, teens and adults through schools, agencies and we are NDIS friendly.

Due to the high volume of people coming through the centre, it is important for you to understand more about what we do and how we operate.

Below are our guidelines and client information form for you to fill in.

If you have any questions please feel free to contact Jo Iskra on her mobile 0478 7111 80.

Policies, Safety and Procedures

Environment and Welfare: At Holistic Equitation, we strive to provide a safe, nurturing and compassionate environment. It is our aim that both the human and the horses/animals are regarded in every session. Animals are very sensitive to our thinking, thoughts, emotions, feelings and actions. Your wellbeing and safety is paramount. Therefore, if we believe that any of our animals could be impacted due to emotional or behavioural issues, making it unsafe for the human, we will use our knowledge and discretion to create a safe environment for everyone. This may mean that physical contact with the horses/animals maybe limited or restricted. If we feel there is a behavioural issue that compromises our work environment, safety and guidelines the session maybe terminated. This may include any behaviour that is deemed uncooperative, dangerous or disrespectful towards the human or animal facilitator.

Interaction with Equines: Please do not pat the horses on their **face or heads**, this is a very sensitive area for the horse. **DO NOT FEED** the horses during your session and **DO NOT** put your hands or fingers near the horses mouth. Also please be aware that horses are flight/prey animals. Following the advice of the facilitator is mandatory at all times.

Safety of Support workers and Guests: If you are a support worker, guest, helper, driver, parent etc that is not participating in the therapy with the client, it is imperative that you stay in your car for the entirety of the session, once the participant has been greeted. If you are participating with the client please let us know. This is purely due to safety, insurance and OHS.

If you are not in a session with a facilitator, Interaction with any of the animals that reside at Holistic Equitation, such as our dogs, cats, chooks, horses or donkey are **STRICTLY FORBIDDEN**. This is for your safety and theirs, and our OHS. We cannot safely conduct sessions and monitor the wellbeing of visitors and our animals at the same time and we need to know you and all our animals are safe. There are Shady areas to park your car under in summer time. Alternatively, there is a beautiful waterpark in Seville that you can visit 4kms down the road and several cafes.

Cancellations: *If you have a booking and you are unable to attend your session we need 48 hours notice of cancellation or the full fee will be applied.*

Mandates: We are a nondiscriminatory centre and believe in full inclusion of all members of society whether you are vaccinated or unvaccinated. We will not ask you for any medical information. All or any medical information provided to us for sessions is voluntary and private.

Payment: The cost of sessions is \$150/hr payable on the day. We support NDIS and all funding agencies, either plan managed or self managed which are invoiced after the session. We offer 1, 2 and 3 hour sessions. Quotes are provided for group workshops or family/multiple participant sessions.

Clothing and Attire: We recommend long pants, boots, rain jackets when it is wet, long sleeve shirt and a hat. On warmer days it is also worth bringing your water bottle and sunscreen.

Wheel Chair Access: Due to the experiences being held on the farm and the location of our horse facilities, wheel chair access is limited during winter but usually fine during summer. However, there is one stair to access the lavatory and amenities.

Expectations: It is always important to manage the expectations of parents and the experience children will have here. Children are not allowed to ride the horses/ponies/donkey and if their emotions are high or behaviours erratic the interaction with the animals will be limited for safety reasons. We have other activities and modalities that are incorporated into the sessions for those with short attention spans.

We cater for adults, children and teens. We prefer that children be over 8 years of age to reap the full benefit, we will consider children of a younger age as a case by case scenario.

CLIENT FORM TO FILL IN

About You - Please fill in the below section BEFORE your SESSION and either email to enquiry@holisticequitation.com.au or bring it to your first session.

Full Name.....DOB.....

Address.....

Contact phone number.....

Emergency contact number.....

Allergies/Special needs/Disabilities.....

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If you are Funded Please provide Details.....

Plan Manager/Agency.....

Contact Name and Email.....

NDIS Number.....

What are your goals or what are you hoping to experience and achieve from the sessions?

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Are there any topics that are triggering for you, that you do not wish to discuss during your session?

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Are you on any medication we should know about?.....

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Are you allergic to animals, have allergies we should know about or anaphylaxis?

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Is there anything else you feel we should know that may impact your session?

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PHOTOS and SOCIAL MEDIA

Do you give your consent for pictures to be taken YES..... NO.....

If Yes, do you give your consent for any pictures taken of you or participant to be used in Social Media, website or promotional material ?

YES No.....

Are there any other special requirements we should know about around this?

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RISK MANAGEMENT: Whilst all care and safety is taken to ensure an amazing experience with our animals, it is imperative that you/participant is aware and understands that all animals can be unpredictable and dangerous and that you/participant enters into the therapy sessions with that full awareness and knowledge.

YES, I Understand the above RISKS MENTIONED

Please sign below or Guardian if under 18 or person responsible for participant attending.

Signature:.....

Full Name of Participant.....Date.....

More about Equine Therapy

There is a growing body of evidence that supports equine therapy sessions being effective in treating individuals with personal and psychological concerns, including:

- Post-Traumatic Stress Disorder (PTSD)
- Eating disorders
- Bullying – both for the committer and the victim
- Substance abuse and addictions
- Depression and anxiety
- Stress
- Autism and Aspergers
- ADD and ADHD
- Relationship difficulties
- Calming overthinking
- Attachment issues, including adoption adjustment
- Low self-esteem
- Boundary issues
- Negative behavioural issues.
- Strengthening leadership qualities
- Creating inner peace

Horses value and respond to authentic connections, so we are encouraged to feel safe and embrace who we are in their presence. Horses are naturally grounded, aware, and connected; being around them encourages us to be the same. They value trusting relationships with their herd, which can include the people around them. They are exceptionally perceptive of people's feelings and use that information in order to decide how to behave.

Horses provide space for us to be in line with our true natures and allow us to try new things without incurring judgment. They offer unbiased, effective, and immediate feedback to us in response to our behaviours and our choices.

Horses are experts at reading body language and perceiving human emotions and, therefore, respond to each of us as unique individuals. This special relationship provides an opportune setting for people to learn more about themselves and their patterns in the relationships they form.

The gentle, nonverbal character of horses means that working with them is experiential, creative, and genuine.

Your Facilitators: Owner and Founder, Jo Iskra on 0478 7111 80 or Emma Jephcott on 0413 006 775

Animal Facilitators: Mariah (dog) Matilda (donkey) **HORSES:** Lola, Horus, Dante, Merlot, Bonnie, Raz, Nutty, Arian, Madonna.

You can follow us on:

Website: <http://www.holisticequitation.com.au>

Email: enquiry@holisticequitation.com.au

Instagram: <https://www.instagram.com/holisticequitation>

Facebook: <https://www.facebook.com/holisticequitation111>