



## LIVE YOUR DREAM at Cloud 9 Ranch

Having worked with horses all our lives, we know firsthand that the outside of the horse is good for the inside of a person. Our hearts and minds have always known the benefits and now Science proves it by confirming that just us touching the horse releases our oxytocin, the bonding hormone. That explains why people, regardless of their fears, anxieties, confusion and pain, want to still bond and create a relationship with the horse. At Cloud 9 Ranch we want you to LIVE YOUR DREAM and so we have several ways for you to spend time with the horses!

**Riding** - Whether you have ridden before or not, our capable and experienced CHA certified instructors will teach you the skills needed to better communicate with and care for the horse on both the ground and in the saddle, English or Western. Our well trained lesson horses are quiet, prefer to move slowly, yet are responsive. Riders must be capable of controlling the horse under the instructor's guidance. Riders will groom, learn to be safe around, lead and ride on their own in either the outdoor or indoor arena. All ages welcome. Group, semi-private or private lesson options to choose from.



**Vaulting** - No previous horse experience needed to climb aboard a horse and test your balance and confidence through different moves. Suitable for all ages whether youth or adults! Vaulters can ride double also! This is very safe as there are handles to hold onto and a qualified instructor controls the horse. Vaulters need to wear comfortable stretchy clothing with soft soled shoes.



**Therapeutic Riding** - Allow the movement of the horse to benefit the rider both physically and mentally. Vault pad with handles or a saddle are used. A platform with stairs is used for those needing help to mount up. Positive results occur, whether it is paralysis, aiding in muscle tension release with cerebral palsy or mental stimulus for various mental disabilities. Also allows for less mobile seniors to reminisce and connect safely with horses again.



**Team Discovery** – Equine Assisted Learning allows people to work together as a team to complete a task that involves horses. Ground work, no riding, allows for an intimate connection to the horse as you problem solve and work with the horses and/or ponies. Great for character development, confidence, team building, self discovery and more. Families, teams, corporate, committees, school classes, etc.

**Personal Recovery** – Equine Assisted Psychotherapy is one person with horse(s) and/or ponies. Using the EAGALA model, the team consists of the horse, Equine Specialist and Mental Health Professional. Horses are worked with on the ground, not riding. It is solution-oriented using experiential learning while believing that the client has the ability to change within. These are private sessions and we adhere to a strict code of ethics.

Contact Tara Reimer at [tara@cloud9ranch.ca](mailto:tara@cloud9ranch.ca) or 204-392-6308 to discuss further!



## 2018 Cloud 9 Ranch LIVE YOUR DREAM Prices

(add 5% gst to all prices)

**Riding Lessons:** Group lessons are once per week for seasonal 8-10 week sessions. Semi-private and private lessons are available whenever it suits best for the student and instructor. Prices remain the same whether riding our lesson horse or your own horse.

A helmet is required when riding. Girls will need to remove braids and pony tails need to be low when wearing the helmet. Closed toe boots with a minimum ½" heel, shirts and long pants are required. No Jewelry. We supply helmets which are mandatory for students under 18 years old.

Group 1.5 hour lesson: 3-6 riders \$42/rider

Semi Private lesson: 1 hour \$52.50/rider, 45 minutes is \$42, 30 minutes is \$31.50/rider

Private lesson: 30 minutes \$42, 45 minutes \$52.50, 1 hour \$63

Group lessons are payable 50% at the first lesson and 50% at the half way point.

**Vaulting Lessons:** Usually Monday to Thursday evenings or Saturdays, but other times available for private groups. Wear stretchy, comfortable clothing that is layered, with long hair tied back. Shoes need to have soft soles and allow the ankles to move freely. Cowboy boots and riding jeans are not suitable. Helmets are not used as they throw the vaulter off balance and get in the way. Helmets allowed if necessary, however movement on the horse will be restricted.

\$21 per 1.5 hour session when joining a group of six.

\$140 for 1.5 hours for as many vaulters as you wish, when booking your own private group.

**Therapeutic Riding:** Typically scheduled for Monday afternoon or Wednesday morning. \$27 per 30 min.

**Team Discovery:** Accommodates groups of 2-5 people for \$150/hour, 6-12 people for \$175/hour or 13-20 people for \$200/hour

**Personal Recovery:** One client with Recovery Team \$150/hour

No Sunday lessons or sessions of any sort.

Payable by cheque to Cloud 9 Ranch with student/client's name on notes line. Also payable by cash which must be in envelope clearly marked with amount paid, date and student/client's name. Place in wood box behind classroom door in barn. If paying by e transfer, send to [tara@cloud9ranch.ca](mailto:tara@cloud9ranch.ca) with the student's name in notes and password HORSE.

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