

Remedial Vaulting

Horses Teach Me To Find My Way

Athens, May 2018

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Remedial Vaulting

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- Theoretical:
 - Videos in a PowerPoint presentation
- Description of a wide range of vaulting exercises and their application in a group context
- Therapeutic Impact in the areas of:
 - Mobility
 - Psychological
 - Social and emotional skills
- Time : 5-6 minutes

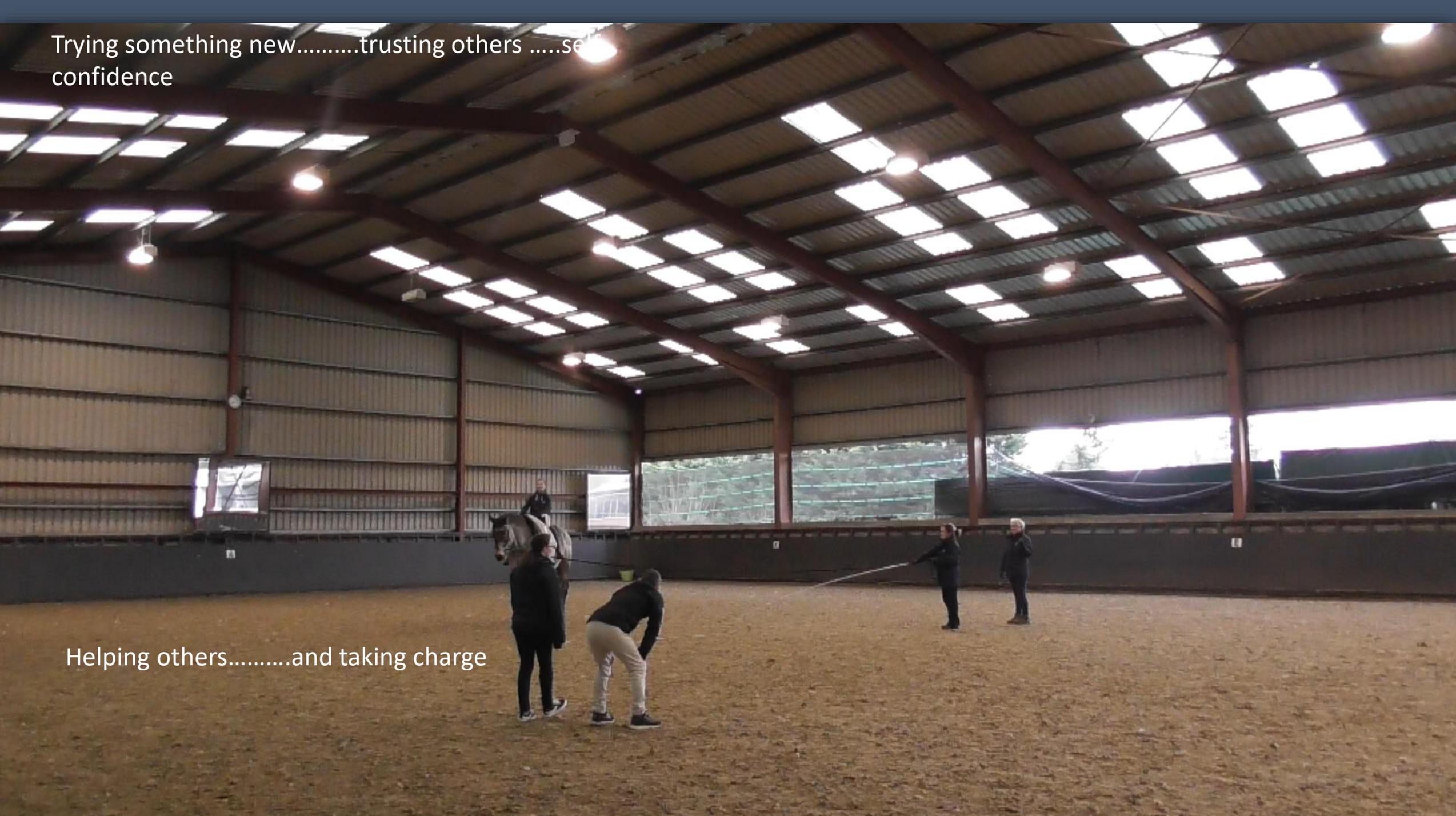
Activities and Exercises for the Group

On and off the horse



Teamwork.....decision making.....counting....mobility

Trying something new.....trusting othersself confidence



Helping others.....and taking charge

Cooling down stage.....more
independence and decision
making



End of session - group say good
bye and put tack away





