

## Activity Services & Topics Addressed

- Creative Art Coaching
- Horse Grooming
- Team Building
- Horse Care
- Horse Equipment
- Horse Feeding Program
- Horse Health and Vet Care
- Barn Management
- Gardening
- Trail Walks
- Healthy Eating Tips
- Riding Experiences
- **Our Adventures are Endless...**
- **And SO MUCH MORE....**

**We partner with other Equine Supported Environment Farms across South Western Ontario...Ask us for a Farm near YOU**

*SonFlower Stables Canada Not-For-Profit Organization  
Corporation Number 996651-01*

**All Services Are Provided by  
Appointment only  
(519)718-1432  
mary@sonflowerstables.com  
[www.sonflowerstables.com](http://www.sonflowerstables.com)**

## About Mary Howe



Mary is licensed and certified with Edu-Therapy Canada and has owned and loved horses since the age of 5 years old... She exercises her functions through SonFlower Stables, working alongside an amazing team of horses and a Goat named Hopie. Mary offers her Equine Related Activities and services to the Oxford/Norfolk County surrounding areas. It is an Equine Supported Environment (ESE) in which horses are instrumental within an educational farm setting. Her success is focused on her ability to intuitively bond with the horses and empathically connect each participant to the various Equine Related Activity programs in an effort to promote awareness of personal space and respect for the horse and farm related activities.

**Why Horses & a Farm setting?** Because they teach us about boundaries and mutual respect through their ability to emulate the characteristics of human behaviour. They are not judgemental and create a safe place where trust can be nurtured. This educational process within an Equine Environment compliments all community service workers and medical professionals by providing them with tools to achieve learning goodness and fun...



# Mary Howe

## Equine Related Activities within a Farm Setting Environment

In Collaboration with SonFlower Stables

# 519-718-1432



**Why We Work  
Alongside Horses?**

Our team of horses are devoted to facilitating and promoting a Non-Judgemental safe space. Each client can achieve an immediate connection with the

horses when they learn to apply the tools we offer in our Equine Related Activity Programs. Horses respond intuitively with a mirror-like reflection of inner human behaviour. We promote using the Right side of the brain, being the Creative side when clients are learning basic barn management skills ... An **Equine Supported Environment (ESE)** offers people an experience with horses which awakens their natural ability to understand themselves more profoundly as they connect with the horse resulting in mutual respect for one another's space.

**What is an Equine Supported Environment**

**(ESE)?** ESE is a resolution focussed approach which is customized to meet everyone's need. Horses facilitate a positive mindset and enhance the development of healthy behaviours and trust so that the client working alongside the horse feels safe while achieving new life skills. **Horses help us to understand their need for space and respect within one another's need for that space...** Horses help us not to over think while we are grooming them or cleaning their hooves and or just being around their space...Horses teach us positive emotions and life skills.



**Magic Happens when a Human meets a Horse...**

*Proud Sponsors*



**Pricing – Equine Related Activities**

OPEN Facility/hour	<b>\$75.00</b>
<b>CLOSED FACILITY</b>	
Private Gathering 1 hour	<b>\$100.00</b>
<b>OPTIONAL SERVICE/hour</b>	<b>\$100.00</b>
<b>Pick-up/Drop off - Includes travel time and Private gathering rate</b>	
<b>Personalized Equine Activities – please inquire.</b>	

**OPEN Session Package Discounts**

Package of 8	<b>\$500.00</b>
Package of 10	<b>\$600.00</b>
Package of 20	<b>\$1100.00</b>

*Package of 8 & 10 must be used up within 30 days  
Package of 20 must be used within 60 days of purchase date*

*Recommended that Initial Month Participant attends 2 to 3 days a week...*

*Prices subject to change*

**48 Hour Cancellation Notice**  
Is required or the session is non – refundable

**Financial contributions to support the horses at SonFlower Stables are greatly appreciated.** Other forms of support can be: quality horse hay, shavings, farrier and veterinary services.

**VOLUNTEERS** - Volunteers can earn community hours and work experience. Ask about our Banking Volunteer Hours!

**INTERNSHIP**- Ask about our program.

School CO-OP Programs