

**Wellness Riding Lessons**

***Our “Back in the saddle” wellness riding lessons are focused on supporting the human in the horse-human partnership by developing a healthy relationship to yourself and your horse.***

***Each client receives a lesson plan that is tailored to individual needs regarding riding and horsemanship skills but to also support self-awareness, understanding, and acceptance and develop new approaches to stress-management.***

In preparation for our first lesson, please provide us with the following information:

**Rider name:** Click or tap here to enter text. **DOB:** Click or tap here to enter text.

**Reason for seeking Wellness Riding Lessons**: Click or tap here to enter text.

**Please tell us about your riding background**: Click or tap here to enter text.

**Do you have any medical issues (such as medical conditions, diseases, physical limitations, special needs, etc.)?**

Click or tap here to enter text.

**Please list medications**: Click or tap here to enter text.

**Do you know of any side effects that could influence your riding activity**? Click or tap here to enter text.

**Have you had any riding accidents? If so, please list date, what happened and how this accident influenced you:**

Click or tap here to enter text.

**Mental Health check list - Please check all that apply to you:**

[ ] concentration issues [ ] restlessness [ ] hyperactivity [ ] learning disability

[ ] easily frustrated [ ] anxious [ ] panic attacks [ ] feeling tense often

[ ] depression [ ] low self-esteem [ ] lack of energy [ ] frequent mood swings

[ ] history of suicidal ideation [ ] history of trauma [ ] history of substance abuse

**Are you currently in therapy**? Click or tap here to enter text.

**Tell us what you would like to work on and what you would like to achieve by engaging in wellness riding lessons:**

Click or tap here to enter text.

*Disclaimer:*

*While therapeutic interventions, such as biofeedback and mindfulness techniques, are incorporated in the teaching of our wellness riding lessons, the focus of these lessons is the enhancement of the human-horse partnership and not therapeutic services for the client. Equine assisted therapy services are available for clients who decide to focus more on personal issues rather than focus on riding/horsemanship skills.*

[ ] I understand that by enrolling in Master’s Touch Wellness Riding lessons I’m not receiving therapy services.

**Lesson Information**

**Fee schedule:**

Private lesson (individual): $60 (60min)

Semi-private (2-3 riders): $45 (60min)

**Discounts:**

The following discounts are available if the client chooses to purchase a “lesson bundle”:

* 10% discount for a lesson bundle consisting of 6 or more individual lessons
* $20 discount for a lesson bundle consisting of 6 or more semi-private lessons

Further discounts are available to full-time employees and their family members of Christian organizations such as churches and mission organizations, as well as to active military members, their family members, and veterans. Please contact Cathrin Wilbanks for more information.

***Please note that all payments are due the day of the lesson. We appreciate if payment before or at the beginning of your lesson to avoid missed payments.***

**Lesson Structure:**

All lessons start with a “check-in” with instructor and rider and a discussion of the lesson plan to determine the lesson focus and supporting activities. Lesson activities include mindfulness and strength-based coping skills, stretching and physical exercises supporting the development of a balanced seat, groundwork, and general horsemanship skills, as well as riding instruction and other mounted activities.

Advanced riders decide if they want to include grooming and tacking of the horse to be included in the lesson or if they want to perform these tasks prior to the beginning of the lesson.

***Please note that all MTRR guidelines and policies, such as attendance, scheduling, etiquette, barn rules, etc., apply to the Wellness Riding lessons.***

**I hereby confirm that I have read and understood the above information. I understand and agree with the nature of the services I will be receiving and what is expected of me as a client of Masters Touch. I hereby consent to participate in Wellness Riding lessons by Masters Touch.**

**Please type your name and date in the indicated fields:**

Client Name PrintParent/Guardian Name Print (if applicable)

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***Client Signature Parent/Guardian Signature***

Click or tap to enter a date Click or tap to enter a date