



## New Client Instructions

The following information is provided in order to help you prepare to attend your first session. Feel free to contact us if you have any questions beforehand, and be sure to complete the forms located on the Client Forms page of the website prior to coming: [www.equusoma.com](http://www.equusoma.com)

### Session Details

- Sessions are held rain or shine – please dress according to weather conditions.
- Sessions will begin promptly at your scheduled time, though there may occasionally be minor horse-related delays. Please arrive with enough time to settle in.
- Please wait in your vehicle when you arrive at either location. Alternately, for sessions at Bright Stride Equine, you are welcome to come and sit on one of the chairs in the blue barn.
- If for unforeseen circumstances you will be late or are unable to make your appointment, please let Sarah know as soon as possible. Please be advised that cell phone and internet reception can be inconsistent on rural properties.

**For co-facilitated sessions at Bright Stride Equine:**

Sarah Schlote: 519-591-7795 or [info@equusoma.com](mailto:info@equusoma.com)

Cait Gossmann-Bond: 226-972-2485 (cell) or [cait@brightstrideequine.com](mailto:cait@brightstrideequine.com)

You are invited to come just as you are. A spirit of curiosity, openness and “beginner’s mind” are also helpful in order to get as much out of the sessions as possible.

**NOTE:** You always have the choice to opt out of any activity or therapeutic approach that you do not feel comfortable with, decide your level of interaction or contact, or to call a time-out at any time.

### Practical and Safety Considerations

The program emphasizes safety, consent, choice, voice, empowerment, trust, collaboration, compassion, mutual respect, understanding and attuned connection in building healthy relationships with horses. The following guidelines aim to minimize risks and make the experience more enjoyable for all involved, both human and equine.

1. **Dress code:** Dress in clothes that you don’t mind getting dirty, ripped or torn, and dress for the weather. Pants are preferable, and skirts and dresses are not recommended. Warm jackets and layers are recommended for spring, fall, and winter sessions.
2. **Footwear:** Farm appropriate footwear would be sturdy boots with a very low heel. No sandals, flip flops, open toed shoes, fashion boots, shoes with wheels, or high heels.
3. **Jewellery:** No jewellery that may interfere with animal-related activities – for e.g., large or dangly earrings, bracelets or necklaces.
4. **Smoking:** No smoking at any time (fire risk) on the premises.

5. **Technology:** Cell phones, smart phones, MP3 players, tablets and other portable video / media / communications devices will need to be left in the car or at home. If you must keep your phone on you in the case of emergencies, please have it on silent mode.

**Note:** As prey animals, equines are very sensitive to the feelings of their herd members as well as the humans who interact with them. All feelings are linked to a nervous system response, which is the primary source of information to the species. Pay attention to your feelings and body sensations, and how these may be constantly changing. If you feel frustrated, fearful or angry, it is ok to pause, call a time out and ask for help, and take all the time you need to ground yourself before continuing.

### Address

**Bright Stride Equine**  
1880 Concession 4, Troy, ON L0R 2B0  
(may come up as Hamilton, ON on Google Maps)

### Client Checklist

- Payment made on date of session
- Forms printed, signed and brought to first session
  - Please note, that an initial intake session typically takes place at the office prior to visiting the farm for an individual session or taking part in any workshops/retreats. If coming to the office is not possible, a phone or video call may be arranged.
- Appropriate clothing and footwear
- Sunscreen and bug repellent (weather dependent)

**We look forward to introducing you to the herd!**