TLC – SKILLS DEVELOPMENT PROGRAMME

We have been fortunate to have Techniblend utilize our Equine Assisted Programme for their social responsibility initiative for 2012. Their funding is enabling Ashalata to interact with disadvantaged youth from our community in a 3 month programme which allows for skill development that is relevant to them.

This first group will be completing their programme soon and the growth and learning we have seen has been heart-warming and humbling.

From fearful to brave, quiet to assertive, solitary to team member, alone to having a support group, misunderstood to understanding verbal and non verbal communication skills, no ideas for the future to goal setting and along the way we have learnt much as well.

We are very proud of the commitment shown by this team and look forward to their graduation on 31 May 2012.

Visit this amazing organisation at www.tlcprojects.org.za

DKH ESTATE

We would like to extend our appreciation to Tavia, Shaan, Chris, Maritz and everyone else at this beautiful venue for allowing us to use their horses and estate for Ashalata Equine Therapy, Growth & Learning and Team Building. Their hospitality, enthusiasm and belief in what we do is much appreciated by all of us.

DKH is an equestrian estate and private resort set on a farm within Groene Rivier Private Estate along the N7. The estate offers an all-inclusive package for private and corporate use, which includes luxury accommodation, farm style dining, recreational activities and conference facilities.

www.dkhestate.co.za

Ashalata

Meaning hope and born from a passion for horses and their power to heal

Empowering through the spirit of the horse
Why horses

Horses allow us to see and experience, in the moment, our behavior.

The horse has no ego, is non-judgmental and honest, which makes them a powerful messenger.

Horses influence in powerful ways and teach us in ways not found in a traditional therapeutic environment.

They have the ability to mirror exactly what human body language is telling them and the lesson to be learned is that if we change ourselves the horses respond differently.

There is something spiritual about the horse-human bond and the energy involved.

Horses are perceptive and have a unique sense of awareness which allows them the ability to sense underlying emotions. They are attuned to those around them and this makes them perfect co-facilitators.

There is something about the outside of a horse
That is good for the inside of a man.
Winston Churchill

PROGRAMMES OFFERED

- Individual therapy
- Grievance Counselling
- Trauma Counselling
- Family Therapy
- Couple and Relationship Counselling
- Sports Teams
- Youth
- Schools - EAP supports the Life Orientation Curriculum
- Team Building
- Corporate
- Friends and Family of substance abusers
- EquiCoaching – Life coaching with EAP
- All programmes facilitate a therapeutic process assisting people with emotional difficulties or a growth and learning experience which is focused on skills development