



SCAN ME

# Inner Reins

## SKILLS THROUGH EQUINE ASSISTED THERAPY

### What we do

Develop skills for emotional regulation, setting boundaries, and practising mindfulness in a safe and supportive environment.

No horse experience needed!

### Details

13<sup>th</sup> September 2025

10am - 4pm

Available to women 18 - 40

### REGISTRATIONS ARE NOW OPEN

[hello@aspiringtherapy.co.nz](mailto:hello@aspiringtherapy.co.nz)

### Cost

Available to individuals with accepted sensitive claims. The group is fully ACC funded. Request:

- 1 hour - SCGT - In-person triage for Group-based Therapy.
- 7 hour - SCGW - 1 day of Group-based Therapy in-person sessions
- Room hire per group - \$240 +GST per day

For self-funded and MSD individuals, please contact us using the email above.



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Queensberry, Wanaka



[www.aspiringtherapy.co.nz](http://www.aspiringtherapy.co.nz)

ASPIRING THERAPY

