



What to Expect from your Restorative Equine Experience?

Welcome to Salt Spring Therapeutic Riding Association (SSTRA)! We are excited to have you here and want to take this opportunity to give you an idea of what to expect.

When you arrive please park in the designated parking area located to your right as you come in the gate, in front of the hay barn. Your facilitator Robin will greet you at your car, go over the COVID-19 screening questions, show you to the hand sanitizing station, and provide you with a mask; if you have your own mask feel free to bring it. Masks must be worn at all times. Gloves are optional as we are emphasizing hand sanitizing and handwashing.



Once we have gone over all of the safety protocols, your experience begins. Robin and one of the wonderful therapy horses will guide you through the program with a variety of exercises for stress and anxiety reduction using breathing and mindfulness techniques.



Everything will take place in a very safe surrounding. If at any point there is something that you are not comfortable with, please let the facilitator know; we want this to be a great experience for you.

At the end of the session, there will be a place for your mask (if it is one that we have supplied). Please put it in the labeled bin, and your helmet beside it.

We hope that you enjoy your time with us and would appreciate any feedback that you may have. If you would like to do that via email, you can send it to **info@sstra.ca**.

