

# Equine Facilitated Learning (EFL)

## Session Information & Guidelines

### Overview

Equine Facilitated Learning (EFL) sessions offer adults a unique opportunity to connect with horses and donkeys in a mindful, unhurried environment. Whether you seek quiet reflection, gentle interaction, or purposeful exploration, your session is shaped by you — and by your equine partner.

### Before You Arrive

#### Registration & Release Forms

To ensure a smooth start, please complete all required release forms prior to your arrival. These must be on file before your session can begin.

#### Important Policies

- Sessions are planned exclusively for the original registrant(s). Additional guests are not permitted without prior arrangement.
- Sessions are designed for adult learners. This program is not intended for children.
- Cancellations made less than 24 hours before your appointment are not eligible for a refund.

### What to Wear

Dressing appropriately helps keep you safe and comfortable throughout your session:

- Wear completely closed-toe shoes or boots — no sandals, flip-flops, or open-toed footwear of any kind.

- Dress in layers. Sessions take place outdoors and weather conditions can change.
- If you are interested in leadwork activities, leather work gloves or garden gloves are recommended to protect your hands.

## **Sessions Happen Rain or Shine**

Our EFL sessions proceed in all weather conditions. Please dress accordingly and come prepared for the outdoors. If you have concerns about specific weather, reach out to us in advance.

## **What to Expect During Your Session**

### **Safety Orientation**

Every session begins with a safety orientation. This brief introduction covers how to move safely around the horses and donkeys, how to read equine body language, and general guidelines for respectful interaction. Please give this your full attention — it is the foundation of a safe and meaningful experience.

### **Your Equine Partner**

We will do our best to accommodate requests to work with a specific horse or donkey. However, like all of us, our equines have their own needs and schedules. We cannot guarantee the availability of a particular animal for any given appointment, and we appreciate your understanding and flexibility in this regard.

### **The Session Itself**

There is tremendous variability in what an EFL session looks like — and that is entirely intentional. Sessions are not scripted. Clients arrive with different intentions, and all are welcome. For example:

- Some clients come simply to be present — quietly grooming, petting, or sharing space with their horse or donkey, without any particular agenda.
- Some prefer a degree of activity, such as leading the horse on a walk, or moving among horses in a paddock or pasture.

- Some arrive with a specific problem or question they would like to explore, using the session as a reflective space for insight and clarity.
- Others come with a broader theme or topic in mind — such as setting boundaries, building trust, or exploring what healthy relationships look and feel like.

At the heart of every session is a simple philosophy: we let the horse and the client take the lead. What unfolds physically — as well as any insights, reflections, or internal shifts — emerges naturally from the connection between client and equine. There is no agenda, no performance, and no right or wrong way to experience your time here.

## Directions to Laughing Stock Farm

Laughing Stock Farm is located at 4222 New Leaf Lane, Durham, NC 27705. We are the second horse farm on the left once you turn onto New Leaf Lane.

**Important:** The entrance is before you reach the mailbox labeled 4222. Look for two low stone walls marking the entrance on the left.

- Please drive slowly up the driveway, watching for wildlife and animals that may be near the road.
- Park in the designated space in the circle driveway at the front of the house and barn.

## Questions? We're happy to help.

Please don't hesitate to reach out before your session with any questions or to discuss your intentions for your visit.

**Jennifer Swanson • 919-614-2427**