

# Therapiestall Propstei St. Gerold

RIDING FACILITIES

RIDING ARENA

📍 Pater-Nathanael-Weg 29, 6722 St. Gerold

Spirituality as a healing force is at the centre of our therapeutic work with horses.

## Detailed description

Psychologically stressful life situations can be many and varied: separation, loss of close relatives, illness, existential anxiety, poverty, burnout, caring for a relative, or making important decisions. When everything that has given us stability seems to be falling apart, we turn inwards. Crises are often times of personal growth, and spirituality can be a healing force. It can be found not only in religions but also in modern forms such as personal development, therapy and even business management.

### How does it work?

Our innovative Equine Assisted Therapy combines spirituality with the healing presence of horses. Horses accept us as we are - with all our tenderness and fragility as well as our strength and resources. In the calm and serene presence of horses, we ourselves find inner peace and strength. When horses and humans interact, a state of heart coherence is created which has a proven relaxing and regenerative effect. The positive effect of horses on our heart has already been scientifically proven and can be documented by HRV (Heart Rate Variability) measurements.

### Who is Equine Assisted Therapy for?

Equine Assisted Therapy is suitable for both children and adults. It is particularly helpful for people suffering from stress or acute or chronic mental health conditions.

## Links

➤ [Weitere Informationen](#)



## Address

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