

# EQUINE FUSION



## INFORMATION FOR PARTICIPANTS

We look forward to welcoming you to our facility and sharing the many powerful lessons animals and nature can teach us. The following information will help you prepare for our time together.

### **What is the approximate timeframe?**

From Fusion Lifespa, you will arrive at the MN LINC facility at 10:15. From 10:30-12:30, you will participate in various equine exercises with MN LINC staff and horses. Lunch will be served at MN LINC and you will depart back to Fusion Lifespa at 1:15.

### **What should I wear?**

Exercises will occur indoors, outdoors, and in a moderately heated barn. Please wear appropriate clothing for the weather that is comfortable. Footwear should be sturdy with closed-toes and heels. Loose or dangling jewelry should be left at home! Bug spray and/or sun protection is also recommended if you are environmentally sensitive.

### **What do I need to know about horses?**

Nothing. Previous riding or horse experience is not necessary. Riding helmets, available at MN LINC, are worn during all exercises and two MN LINC staff are present during each session.

### **Any other information about what I will be doing?**

Safety is a foremost concern. MN LINC operates all exercises as “challenge by choice” – you can choose to be an active participant or an active observer. Activities may include observation, interaction, hands-on, and mounted work with MN LINC horses.

We hope you enjoy your time with us and if there are any questions prior to Friday, please contact us at **952-472-2422**.

Best regards,

Molly DePrekel and Tanya Welsch  
Minnesota Linking Individuals, Nature & Critters (MN LINC)  
[www.mnlinc.org](http://www.mnlinc.org)

*MN LINC (Minnesota Linking Individuals, Nature and Critters) is a therapeutic, non-profit organization whose mission is to connect individuals with nature, animals and community resources by providing direct services, education, training and consultation. MN LINC also offers group and one-to-one therapy, custom trainings for adults and corporate groups and wellness experiences. Find out more at [www.mnlinc.org](http://www.mnlinc.org).*



This document was created with Win2PDF available at <http://www.win2pdf.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.