



Gully's
Learning Ranch

AUGUST 2025



MONTHLY NEWSLETTER

Welcome!

Welcome to our monthly newsletter e-mail chain!

Each month, your e-newsletter is delivered right to your inbox – delivering important information regarding upcoming events and programs, interesting information from the world of equine assisted learning and experiential learning, and all things Gully's Learning Ranch – plus a monthly coupon!

We look forward to bringing you all the latest news from around our ranch – please let us know if you have any comments or suggestions.

Summertime is Here

Make hay while the sun shines
But stop to smell the roses.
Hot, long days are some of the signs,
When butterflies land on our noses.
Summertime is here.

Bugs are singing day and night
Frogs and birds join them too.
Some even give us light,
As they dance right in front of you!
Summertime is here.

The sweet smell of wildflowers
Fills the hot, humid air.
Playing out in the sun for hours,
Without a single care.
Summertime is here.

Barbecues, campfires, and all sorts of fun
With games and crafts for rainy days too!
Swimming, biking, hiking, and sun,
Even rowing a canoe!
Summertime is here.

As the corn grows tall
And everything is green,
Hear a pretty bird call,
And feel yourself serene.
Summertime is here.

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Horses & Energy Work: How Horses Help Find Balance

Science tell us that we are all made of energy. From the smallest ant to the largest rainforest tree, all of us are made of energy vibrating at a certain frequency. We can feel this energy around us, especially with other people. Can you think of a time where you disliked someone the minute they walk through the door or maybe a time where you felt like someone was an old friend after meeting them for the first time? These are examples of feeling someone's "vibe", or energy, and how it affects your surroundings. However, there are infinitely more vibrations that our senses cannot detect. We can think of whales who communicate in sub Hz or bats who use echolocation. These are vibrations that we cannot sense, but are there, nonetheless. Humans are limited by our five senses. Many other species exhibit enhanced senses that are highly astute, and even a "sixth sense" as a survival mechanism. Horses are one such animal that are incredibly in-tune (even this turn-of-phrase comes from sensing vibrations) with their surroundings.

Horses can sense when there is an imbalance of energy within their environment. They can sense the difference between an aggressive approach and a calm approach. This "sixth sense" of intuition is a highly developed survival mechanism in order for the horse to sense any change within their herd or environment. Intuition is how a herd of horses can go from grazing calmly to running at full tilt. They sense any change within the energy around them and pay close attention to their herd members. For a horse, safety is truly in numbers, but also in understanding their herd members. They can sense when one of their herd is tense, anxious, or alert. But in order to sense when their herd member is alert, they must be balanced and grounded the rest of the time. Horses have the natural ability to release, ground, and engage in mutual positive energy manipulation with each other – they are essentially Reiki Masters.

When we are working with horses, they will help us to find balance within ourselves by helping us release and ground our energy. This is mutually beneficial because if we are calm and relaxed, so is our horse. Naturally, our horse is seeking balance so that they can detect an imbalance or threat within their environment. They intuitively know how to help us increase positive energy flow and decrease negative energy flow throughout our bodies – they can feel where this work needs to be done. We may think of when we cut our finger. Our finger starts to pulse, letting our body know that there is damage needing repair. Our horse senses the same within our energy system. There will be a pulsing of energy where we need "repair" or balance. These pulses come from our energy centres, of which all living beings have seven main centres, and each centre involves different physical, psychological, and emotional vibrations. When our energy is unbalanced, or dis-eased, we can start to see this reverberate into the physical in ailments and diseases.

Horses will ask permission to engage in energy work for others – humans included. When we have an understanding of what our energy does for us, how we need to stay balanced, and what each energy centre is associated with both physically and psychologically, we can begin to self-reflect and ask ourselves questions when a horse is working on our energy system. Why does my horse touch my legs? Why does my horse put their nose to my belly button? What does it mean when my horse reaches out to my heart? All of these are examples of how our horse is letting us know and helping us with an imbalance in our energy systems.



Sam working on Michelle's Crown
Chakra or Energy Centre

UPCOMING EVENTS AND PROGRAMS

August 2025 Events:**Authentic You Women's Workshop****Saturday, August 30th (10am-3pm with a country lunch)**

Are you looking to feel empowered in your life? Do you struggle with finding inner balance? Our unique empowerment program guarantees results that LAST with sustainable change within yourself coming from the self-discovery of problem solving and self-reflection. ~5-hours of learning, laughing, and having fun!

September 2025 Events:**6-Week Youth & Teen Curriculum Program****Friday, September 17th – Friday, October 24th****(1pm-2:15pm)**

Each week, participants work in teams to navigate their way through an objectively-driven exercise with their horse teacher. Skills include creative problem solving, effective communication, appropriate assertiveness, fair negotiation, teamwork, leadership, and more – all while having fun!

6-Week Youth & Teen Curriculum Program**Sunday, September 14th – Sunday, October 19th****(11am-12:15 & 1pm-2:15pm)**

Each week, participants work in teams to navigate their way through an objectively-driven exercise with their horse teacher.

October 2025 Events:**6-Week Youth & Teen Curriculum Program****Saturday, October 4th – Saturday, November 8th****(11am-12:15pm & 1pm-2:15pm)**

Each week, participants work in teams to navigate their way through an objectively-driven exercise with their horse teacher. Each week, participants work in teams to navigate their way through an objectively-driven exercise with their horse teacher. Skills include creative problem solving, effective communication, appropriate assertiveness, fair negotiation, teamwork, leadership, and more – all while having fun!

Stay Tuned...**** Please note that dates and times are subject to change ****

Back-To-School: Is Your Youth Ready?

Back-to-school... some youth and teens get excited at the idea, while others get anxious at the thought – in a regular year. However, there are things to be excited about! Being able to engage and interact with their peers helps to maintain the mental wellbeing of our youth. But maybe it's been a while since we met new people and built new relationships or were challenged to work together as a team. Interpersonal communication skills are so essential for youth for school life, home life, and into their bright futures. Life skills development helps to improve youths' social skills. Life skills include effective communication (articulation, active listening, body language), creative problem solving (plan development, teamwork), negotiation (fair conflict resolution), building and maintaining healthy relationships (trust, respect, understanding, kindness, empathy, appropriate assertiveness, boundaries), leadership (self-confidence, self-esteem, self-leadership, fairness, integrity), and more. Horses can help to build these essential life skills!

Horses have a very similar social and emotional language to humans. This means that they can understand what we are feeling and why we are feeling that way. They will attempt to reach out and interact when we are feeling strong emotions. They will try and balance us, allowing for our energy to be grounded, leaving us with a sense of relaxation. Horses help with emotional regulation, along with essential life skills development. These truly go hand-in-hand when we are looking at going back-to-school next month. We can help to develop these skills through our program and by the power of the horse!

Meeting New People & Making New Friends: Meeting a horse is just like meeting a human! We have to greet them, build a relationship, and learn more about them. Just like with human relationships, horses also build and form bonds with others around them. When we greet a horse, we do a "horse handshake", which is simply a flat hand under the nose of the horse. The horse takes a big sniff of the human's hand and they categorize your smell into the memory. When coming back to work with a horse a second time, after another "horse handshake", the horse will remember all of the memories and activities that they have done together as a team. Truly like building a relationship with a human, building a relationship with a horse takes time, trust, respect, boundaries, appropriate assertiveness, healthy touch, and more. In our group programs, youth get the opportunity to, not only work and build a relationship with their horse, but also working together as a team and developing friendships with peers, too!

Effective Communication: Effective communication is an important aspect to building and maintaining interpersonal relationships. Building communication skills, such as articulation, active listening, and body language, helps participants to better navigate the world of communication. For safety and survival, horses are extremely effective communicators within their herds, especially body language. When working with a horse, they are direct and immediate with their feedback. They will communicate with you when they are comfortable and when they are not. They let you know their boundaries and how to respect them. Communication does not exist without boundaries and boundaries. After all, we do not talk to someone really far away or really close up, we allow for comfortable boundaries for all involved. Boundaries are incredibly important to a horse and can allow youth to see when we must respect another being's boundary. Communication also plays a huge role in being able to fairly negotiate and resolve conflict. Learning how to negotiate effectively with others through communication, youth allows them to work together to brainstorm a win-win situation for all involved.

Problem Solving Plan Development:

Thinking outside the box to creatively problem solve helps us find solutions that last. Problem solving plan development helps us to organize what the problem is, brainstorm solutions for the problem, assign roles when working in a team, practice the solution, and go through a trial and error process if the plan does not work as they had hoped. Making a plan helps youth to, not only find solutions to problems, but also helps youth to set goals and plan for the future. Horses are natural problem solvers. For survival, horses must work as a team to problem solve and navigate their way to food, water, shelter, and ultimately, safety. Plan development is key to keeping the whole herd together and to ensure everyone understands their role in the plan.

Self-Confidence: Horses seek leadership and when leadership is not given to them, they will take the leader role. But being a leader to a horse does not mean being the principal of a school or the head of a company. Leadership to a horse means being a leader to yourself. Being able to answer the questions, "Where am I going?" and "How am I going to get there?" This is the type of leadership horses give to each other and we can learn a lot about leadership from working with horses. Leadership with horses also develops self-confidence, allowing for youth to feel confident in the choices that they make, the boundaries they set, and the futures they plan through goal setting and plan development.

Emotional Regulation: We are energetic beings and, just like all energy, we need to be grounded in order to create movement, positive change, and development. Horses are naturally grounded animals that, in turn, ground the beings around them. We feel relaxed, calm, and solid on the two feet we walk on, while we are working with a horse. They are extremely connected to the energy around them and are natural "energy workers", as it helps them communicate with each other effectively and maintain safety in the herd.

News 'Round The Ranch

Ranch-iversary!

The month of August marks the anniversary of when our retired horse teacher, Wayne, joined our herd. Wayne joined the herd in August of 2017 and will be celebrating 8 years with us! You may have noticed that Wayne is a Junior and that is because we are lucky to have two Wayne's on the ranch. Our retired horse teacher and our Property Manager!

Thank-You For 6 Full Years – Onto Number 7!

We have just celebrated our 6 year anniversary for when we opened our doors to the public and started running our life skills development program. We are officially starting our 7th year supporting, both youth and adults, in our community and we look forward to working with old and new friends this coming year!

Second Cut Completed!

Earlier this month, the weather was nice enough to harvest our second cut of hay. We managed to harvest about 12 tonnes of hay! Hay is simply dried grass and this forage will sustain our herd during those cold winter days where they do not have access to their grass pastures. In the winter, our herd will eat up to 150 pounds per day of hay!

August CLC-K Lottery Calendar Prize Sponsor!

We are proud to be a prize sponsor this month for the Community Living Chatham-Kent's Lottery Calendar, Shining Stars Of Service! We were able to donate a workshop for up to 4 participants! Congratulations to the winner of our prize – we hope to see you here soon for your workshop!



2025 Lottery Calendar



COUPON

Special Newsletter Coupon – Each month, there will be a coupon at the end of the newsletter. To redeem the coupon, mention the code below when booking your next program!

This month, our coupon is 10% OFF any upcoming 2025 Authentic You Women's Workshops!

CODE: AUTHENTIC10

* Valid for ANY Authentic You Workshops in August and September 2025



AUGUST 2025 NEWSLETTER

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AUGUST FOOD FOR THOUGHT

“Sunflowers follow the sun... But did you know, when it is cloudy and gray, they face each other and share their energy? Imagine if people could do this too?””

- Unknown



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