

Who we work with

We welcome groups of people to work in three key therapeutic areas:

- Burnout and anxiety
- Eating disorders
- Post cancer care



Many thanks to our supporters

ARCHIMED



Bridgepoint



Samfara

seven2

Get involved

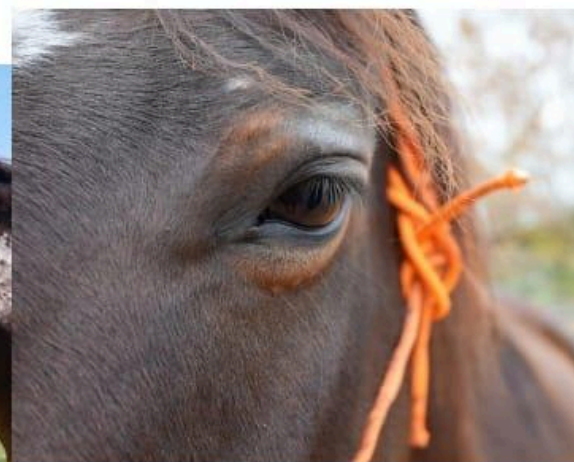
- Help us expand into post cancer care with relevant contacts
- Recommend an organisation we can work with
- Spend a weekend with us in the fresh air looking after the horses
- Sign up to our newsletter to stay up to date



Get in touch

✉ sabine@equichance.fr

🌐 www.equichance.fr



Healing with horses

Situated in the heart of the Luberon (84) France, Equichance is an equine mediation and therapy centre that helps people confront and overcome their fears in a context of mutual respect and the natural environment.

Why equitherapy?

Horses have for a long time and across different cultures been seen to have special healing and therapeutic powers. Equine therapy is not about riding a horse but rather about being in close physical contact to establish a bond of trust and understanding; a relationship of confidence and equality between horse and person.



What's in a session?

- Introductions over lunch
- Introductions to the horses; grooming and meditation
- Walking with horses - synchronisation of heartbeats
- Outdoor games & exercises
- Team work with both participants and the herd
- 1-on-1 time for everyone to master the basics
- Tea, biscuits and close

Meet the herd



Nikita

Born: 2001
Appalucian

"The doyenne". Kind, caring and deeply protective of her herd and her place in it. She is in charge and therefore placid and very rooted.



Izzy

Born: 2018
1/2 Lipizzaner
1/2 Hanoverian

Unusually close to humans as she was bottle fed. Izzy is beautiful inside and out and is deeply sensitive with a strong desire to help.



Indigo

Born: 2018
Kentucky
Mountain Horse

A new recruit who joined the team in December 2023. He is perfect for the project as he is strong, sturdy, easy to handle and unflappable.



Zulu

Born: 2020
1/2 Spanish
1/2 Arab

Born into the family from Pimienta, a founding horse who has since passed, he carries a lively and strong energy.



Nimrod

Born: 2023
Irish Gypsy
Cob

A new recruit who joined the team in Dec 2023, he is a pure Irish cob, who are well known for their calmness and solidity.

Our human team

- **Yannique Bourglan**
Equitherapist
- **Raphaëlle Bourguignon**
Specialist in eating disorders
- **Angelique Bretagne**
Chief cook
- **Sabine Gardener**
Head of Fundraising/Marketing
- **Lucas Stephen**
Chief horse officer