



## **Kindle Health at Fox Song Farm**

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*Come home to your herd, where you are heard ... and let us help you re-kindle your joy.*

### **Vision**

Promoting well-being through herd connection

### **Mission**

To inspire health and well-being through Equine-facilitated and other therapeutic activities that meet the needs of clients undergoing health & wellness and personal life challenges due to professional, life stage, family, and situational transitions, including menopause, stress and distress, ageing, grief and loss, chronic disease, and vocational shifts.

### **Our Philosophy**

The philosophy of well-being that Fox Song and Kindle Health hold acknowledges our connection with Creation and our fellow-creatures. We learn many lessons about wellness through nature, and through socially-structured groups, such as horse herds. 'Herd' manifests as collaborative mutuality—within ourselves and among our family, friends and colleagues—mirrored in our herd partners.

Within ourselves, we look to the connected mutuality of body and soul, heart and mind in the four pillars of wellness: purpose, balance, congruence, sustainability (Stinson, 2013).

Connecting to our external herd through collaborative communication, we weave in the threads of appreciation, altruism, and presence-ing. The four wellness pillars (purpose, balance, congruence, sustainability) manifest-in-the-moment, promoting well-being that embodies connection.

Our animals are appreciated as sentient partners. We seek to provide them with an environment that promotes their own well-being and we include them respectfully in our work, striving to move toward mutuality in decision-making.

### **Statements of Value**

Inspired by the resilience and creativity of nature, FSF's therapeutic environment is a natural, rustic setting, offering health & wellness promoting therapy and equine-guided learning events through Kindle Health—activities that draw upon collaborative connections with animals, and provide opportunity for artistic expression;

Educated in the science and art of professional practice (nursing, education, coaching, counseling), Kindle Health providers are committed to life-long learning and excellence in care;

Framed by the Stinson 4-Pillars Wellness Model (purpose, balance, congruence, sustainability), Kindle Health interventions at Fox Song Farm will be deeply collaborative, promoting relationship building and mutuality in social (herd) connection;

We believe that igniting and re-igniting passion and purpose throughout all life span and life stage transitions yields value-added life and positive ageing ... and that this is the legacy of *Imago dei* living in relationship with Creation.

