



Takiwatanga Play Dates

Community | Neurodiverse-friendly | Come as you are

Dates (Tuesdays)

- 10 March 2026
- 7 April 2026
- 9 June 2026
- 11 August 2026
- 6 October 2026
- 8 December 2026

Time: 12:00pm - 2:00pm

Cost: \$20 per person
Support people: FREE



A gentle, horse-powered space

A relaxed, unhurried session with our calm horses - watching, grooming, leading (optional), paddock time, and horsey hangouts - with plenty of space for breaks and individual pacing.

Why horses for neurodiverse humans?

- Calm and regulation through rhythm, breath, and gentle connection
- Sensory-friendly options in a natural setting (space, movement, touch, quiet)
- Confidence and communication without pressure to perform
- Connection and belonging - with horses and with others, in your own way

No horse experience needed - just come as you are.

What to bring

Closed-toe shoes, weather gear, a water bottle, and any comfort items that help you feel safe.

Bookings / Info

Nik (HRUNZ) | 021 784 324

horses.r.us.nz@gmail.com