



## ***THERAPEUTIC HORSE RIDING***

**"There is Something about the Outside of a horse that is good for the Inside of a man"  
- Winston Churchill**

**Our purpose is to provide riders, with or without disabilities; with the wonderful therapeutic value horse riding has to offer.**

### **Therapeutic Horse riding makes a difference**

Our mission is to do an unique form of therapy on horseback for people with specific needs. Different goals can be reached, e.g..

- ✓ Improvement of muscle tone and strength
- ✓ General balance improves
- ✓ Eye-muscles improve - influence on reading
- ✓ Increased attention span and concentration
- ✓ Hyperactive children tend to calm down
- ✓ Tactile system is stimulated
- ✓ Emotional/behaviour problems improve
- ✓ Increased spatial and body awareness
- ✓ Development of self-confidence and motivation
- ✓ School performance can improve
- ✓ Increased joint mobility and range of motion
- ✓ Develops ability to organize and perform tasks in sequence (praxis)
- ✓ Integration of the two hemispheres of the brain
- ✓ Sensory integration takes place

Maximum vestibular stimulation through horse riding is combined with specific therapeutic exercises on horseback

Therapeutic horse riding is an unique opportunity for the person with specific needs:

- ✓ Therapy becomes a fun – session
- ✓ Nature is educational and is enjoyed

- ✓ Horse riding skills are attained
- ✓ Can be a sport
- ✓ For toddlers we follow a program to get then ready for school

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