

Interested in Therapeutic Riding? Come to Windrush Farm!

www.windrushfarm.org

Why does WFTE exist?

To improve the lives of those who are differently abled by partnering with the horse.

What is Therapeutic Riding?

Therapeutic Riding (one of the Equine Assisted Activities) combines the enjoyment and challenge of **learning to ride a horse with adaptive equipment**, various teaching methods, and a supportive environment designed to help all riders meet their goals. These include cognitive, physical, emotional, social, educational and behavioral goals.

Who does WFTE help?

Adults and children with challenges and conditions related to:

- Cerebral Palsy
- Spina Bifida
- Multiple Sclerosis
- Neurological Disorders
- Head and Spinal Cord Injuries
- Seizure Disorders
- Sensory Integration Issues
- Developmental Delays
- ADHD (Attention Deficit Hyperactivity Disorder)
- Autism Spectrum Disorders
- Learning Disabilities
- Mental Health Issues

What are the benefits?

- Normalizes Muscle Tone
- Increases Range of Motion
- Builds Confidence and Self-Esteem
- Develops Strength, Coordination and Fine/Gross Motor Skills
- Instills Patience and Emotional Control
- Increases Concentration & Self Awareness



The bond between the rider and the horse is exciting and **fosters a sense of freedom and independence.**

How does it work?

Lessons are offered Monday through Friday in three sessions: Fall @ 13 weeks, Winter @ 8 Weeks, and Spring @ 13 weeks. Participants pay only 1/3 of the actual cost of this unique therapy. The price of an hour group lesson is \$45.

Are you interested? Visit www.windrushfarm.org

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