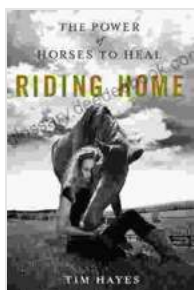


Riding Home: The Power of Horses to Heal



Riding Home: The Power of Horses to Heal

by Kathleen Waters Sander

★★★★☆ 4.8 out of 5

Language : English

File size : 792 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Print length : 306 pages

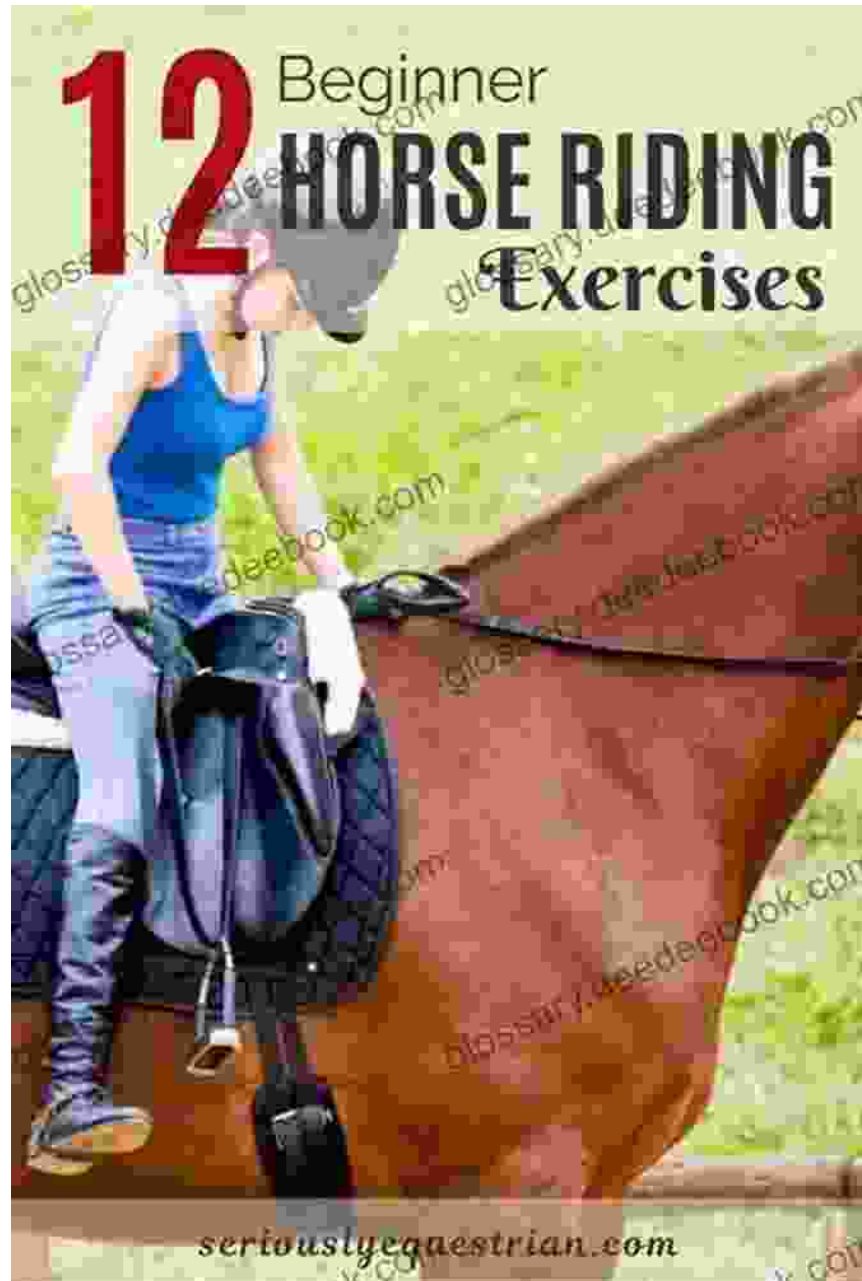


Horses have a powerful ability to heal. They have been used for centuries to help people with a variety of physical and emotional conditions.

Therapeutic horseback riding is a form of therapy that uses horses to help people improve their physical, cognitive, and emotional well-being.

Horseback riding can help with a variety of conditions, including:

- Cerebral palsy
- Autism
- Post-traumatic stress disorder
- Balance
- Coordination
- Strength



How does horseback riding help?

Horseback riding can help in a number of ways. First, it provides a unique sensory experience. The movement of the horse can help to improve balance and coordination. It can also help to reduce stress and anxiety. Second, horseback riding can help to improve physical fitness. It can help to strengthen muscles, improve flexibility, and increase endurance. Third,

horseback riding can help to build confidence and self-esteem. It can help people to feel more capable and independent.

Horseback riding is a safe and effective form of therapy for people of all ages. It can be adapted to meet the needs of individual clients. If you are interested in trying therapeutic horseback riding, talk to your doctor or mental health professional.

Riding Home

Riding Home is a non-profit organization that provides therapeutic horseback riding to children and adults with disabilities. The program is located in Northern California and has been serving the community for over 20 years. Riding Home has a team of experienced and dedicated staff who are committed to providing a safe and supportive environment for their clients.

The Riding Home program has been shown to have a number of benefits for its clients. These benefits include:

- Improved physical fitness
- Increased balance and coordination
- Reduced stress and anxiety
- Increased confidence and self-esteem



How to get involved

If you are interested in getting involved with Riding Home, there are a number of ways to do so. You can volunteer your time, donate money, or sponsor a child or adult in the program. You can also learn more about the program by visiting their website or attending one of their events.

Riding Home is a valuable resource for the community. The program provides a safe and supportive environment for children and adults with

disabilities to learn and grow. If you are looking for a way to make a difference in the lives of others, consider getting involved with Riding Home.



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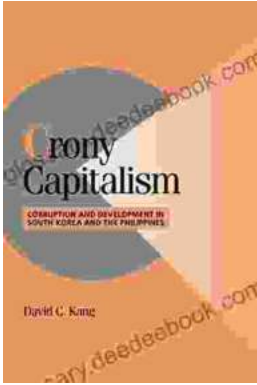
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