



# Therapeutic Horseback Riding Programs

***Our programs are dedicated to helping people with cognitive and physical disabilities achieve their personal goals through horseback riding.***

## What is Therapeutic Riding?

Therapeutic riding is equine-based therapy that is used to mimic the sensation of walking, which for riders with physical disabilities, is proven to assist with flexibility, muscle strength, coordination and balance.

For riders with sensory needs, the horse can offer much-needed sensory input, and has been shown to improve social skills, patience and empathy. Riding also provides a unique emotional connection to the horse, which can facilitate confidence, a feeling of empowerment and a new motivation toward life goals.

In addition to having many therapeutic benefits, riding can be a great way to have fun while learning new skills in a relaxed and non-judgmental environment.



## About King's Ransom Equestrian

King's Ransom's state-of-the-art, wheelchair accessible facility offers year-round programs in equine assisted therapy. Our team of therapeutic riding instructors have carefully selected our horses for their calming demeanor and outstanding personalities. People come to King's Ransom to heal, to learn and to make friends that last a lifetime.



## What can I Expect from the Programs?

- ❖ A fun and relaxed atmosphere in a serene country setting
- ❖ An environment in which you will be constantly challenged to meet your goals
- ❖ Flexible scheduling 7 days/week to meet your needs
- ❖ Group or individual programs depending on your preference
- ❖ A life-changing experience!

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**Contact us today for a free introductory session and tour of our facility**

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