



# THERAPEUTIC HORSEBACK RIDING

Through the combination of physical, mental and emotional work with a gentle and nonjudgmental animal, participants come to realize they can achieve any goal. The bond that develops between a horse and rider inspires a sense of teamwork, responsibility, communication, caring, and joy.

Therapeutic horseback riding can enhance self-esteem, concentration, speech, emotional states, a sense of well being, personal mobility, and a feeling of independence. Students with physical disabilities improve their muscle strength, motor skills, flexibility, posture and coordination. Ages 4 and up. Six 1/2 hour lessons over 6 weeks - \$180.

Right by the Mission in Oceanside!

**Ivey Ranch Park Association**

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[iveyranch.com](http://iveyranch.com)

Tax ID 95-3775136

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*I can't say enough good things about Ivey Ranch and the incredible staff and volunteers. We firmly believe that much of Isla's strength, coordination and physical progress can be directly attributed to her two years of riding at Ivey. Sam has been amazing! Never afraid to get silly, always ready to encourage... the perfect combo of gentle fun that draws Isla in and really allows her to flourish. I can't say enough good things about her. Thank you! You played a very special part in Isla's life and we are forever grateful.*

- Libby T.

