

# Partners

Therapeutic Horsemanship

Providing therapeutic horsemanship as a unique means to improve the quality of life for those with special needs, their families and the community.

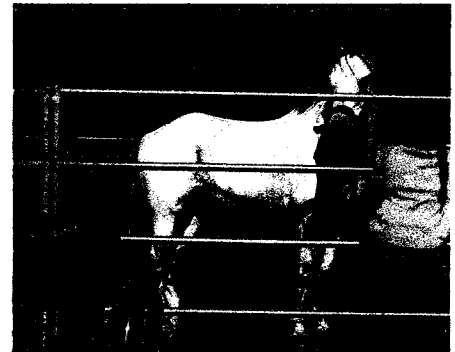


**Partners** is a NARHA (North American Riding for the Handicapped) Center offering therapeutic riding lessons for people with special needs and disabilities. We provide riding instruction, positive physical and emotional experiences through interaction with horses. Children through adults, with various disabilities, can enjoy the immensely rewarding benefits of being outdoors by participating in therapeutic horsebackriding and equine care.

Horses are compassionate teachers of basic life skills. Horsebackriding provides a movement that is rhythmically similar to a human gait.

Riders with physical disabilities show improvement in strength, flexibility, balance and muscle control that most of us take for granted. As the movement shifts the rider's center of gravity forward and back, side to side, up and down, many benefits occur. These include stimulation of the musculature and nervous systems, which are interdependent. This improves head/neck control, postural/trunk control, leg and arm strength and coordination.

It provides enhancement of equilibrium and balance control along with cardiovascular and strength exercise. For those with sensory processing disorders, the motion of a horse and effort needed to control it, provide stimulation for improved thinking, interaction and coping skills. Riding therapy extends its benefits beyond the physical to the whole person, supporting positive social, emotional and psychological development. Every student gains enormous confidence learning to communicate with a very large animal. With the added bonus of riding a



horse, they don't realize how hard they are working because they are having so much fun. Volunteers are an

important part of lessons as they focus on the rider, their horse, and the instructor, encouraging and ensuring safety for all. They also gain valuable horsemanship, interpersonal and leadership skills. As a NARHA Center, PARTNERS adheres to standards which ensure a high level of professionalism and safety. Each lesson is overseen by a certified NARHA Instructor, implemented by experienced instructors, who maintain strict guidelines throughout the program. The lessons are designed with each rider's disability in mind with fun as the backdrop. Our goal is to be encouragers, with the horses providing the magic. Come and join us!

For more information please contact us.  
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*We are an all volunteer 501 (c) (3) Non Profit Corporation. All contributions are tax deductible.*