



Horses Helping Students

THERAPEUTIC RIDING

“Therapeutic riding can improve balance and coordination, strengthen muscles, increase circulation and coordination.

Riders also experience independence from crutches and wheelchairs to experience the rolling movement of the horse to achieve their personal therapeutic goals.”

(BCRTRA)

<http://bctherapeuticriding.com/therapeutic-riding/>

EQUINE ASSISTED LERNING

The exploration of communication between humans and horses. Naturally explore an avenue of trust, communication, and respect.

Explore verbal and non-verbal communication and increase self-awareness and areas for students to improve upon.

(BCRTRA)

<http://bctherapeuticriding.com/equine-assisted-activities-and-therapies/>

EQUINE ASSISTED THERAPIES

A type of animal-assisted therapy given by a licensed professional.

“The powerful presence of the horse mirrors what the client’s body is telling them providing lessons and metaphors on how to facilitate change.”

(BCRTRA)

<http://bctherapeuticriding.com/equine-assisted-activities-and-therapies/>