

Taos horse sanctuary hosts summertime open house

By Ruth Bourgeois
Equine Spirit Sanctuary

Summertime officially starts at Equine Spirit Sanctuary with our open house on Saturday, (May 26) from 11 a.m. to 3 p.m. This free event is open to the public and features free pony rides for the kids, open barn, petting and grooming with our miniature donkeys, and free refreshments. You can learn about all of the ESS programs at the open house.

Interested in volunteering? Come find out how to get involved.

In addition to being a licensed horse rescue, ESS programs include therapeutic riding and equine-assisted therapy. The programs are under the direction of PATH International- accredited instructor Ruth Bourgeois and are open to persons of all ages and abilities. In past years, program participants have included many children from the Taos area, as well as adults in treatment for addictions, veteran women with post traumatic stress disorder and Native American high-risk youth.

Programs begin the first week in June. We welcome several new volunteers that will be assisting this year and our returning



Courtesy photo

Baylee scopes out the treat scene at Equine Spirit Sanctuary in Taos.

volunteers. We are now setting our summer schedule and have a limited number of openings for new clients.

Therapeutic riding and equine-assisted therapy

Riding a horse has been said to exercise the spirit as well as the body.

Valuable life skills can be learned through working with horses, get-

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benefits persons with mental and emotional disturbances, behavioral disorders, development delays, learning disabilities, dysfunctions with neurological motor impairment, cerebral trauma and Down syndrome, to name a few.

ting to know horses and interacting with horses. Activities are designed to improve self-esteem and self-awareness, combining body awareness exercises with motor planning and verbal communication in a safe and supportive



Courtesy photo

Little BB enjoys a moment in the warm spring sun at the nonprofit Equine Spirit Sanctuary in Taos.

setting.

Anyone interested in learning more about these unique programs is encouraged to talk to us about participation and mentoring opportunities. Horses are great teachers.

ESS is hosting a clinic with Dr. Tomas Teskey, June 2 and 3. The clinic is open to anyone who wishes to learn more about horses – daily care, how to make horses feel better

physically, mentally, emotionally and how to have a better relationship with your horse.

ESS is open for visitors Tuesday, Wednesday and Saturday from 10 a.m. to 4 p.m. Volunteers are always needed and appreciated on these days. For more information, call Ruth at Equine Spirit Sanctuary (575) 758-1212 or visit equinespirit-sanctuary.org or [facebook.com/equinespiritsanctuary](https://www.facebook.com/equinespiritsanctuary).