

Equine therapy program hosts free open house

Learn how horses help people with behavioral, physical challenges



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Courtesy photo/Equine Spirit Sanctuary

Join Sally, Hava (the pony), BB and Rosie, during the open house at Equine Spirit Sanctuary on Saturday, (May 25) 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.

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Report submitted by Equine Spirit Sanctuary

Summer activities begin at Equine Spirit Sanctuary with our open house Saturday (May 25), 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. Information about all of the ESS programs and

activities will be available at the open house.

In addition to being a licensed horse rescue, ESS offers programs that include therapeutic riding with PATH International (Professional Association of Therapeutic Horsemanship) accredited instructor Ruth Bourgeois and equine-assisted therapies and counseling with psychologist Dr. Jon Katz. The programs will start the first week in June. We are now setting our summer schedule and have a limited number of openings for new clients.

EAAT (equine-assisted activities and therapies) benefit persons with mental and emotional disturbances, behavioral disorders, development delays, learning disabilities, dysfunctions with neurological motor impairment, cerebral trauma and Down syndrome, to name just a few. Riding a horse is said to exercise the spirit as well as the body. Valuable life skills can be learned through working with horses, getting to know horses and interacting with horses. Lessons and 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 setting.

One-on-one therapeutic sessions can be scheduled with Dr. Katz, who also specializes in couples counseling and working with persons on the autism spectrum. We are excited to be able to offer a high level of therapeutic programs this year.

Anyone interested in learning more is encouraged to talk to Ruth Bourgeois about participation and mentoring opportunities. Horses are great teachers. Come to ESS to find out why and experience this for yourself.

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 Bourgeois at Equine Spirit Sanctuary (575) 758-1212, or go to equinespiritsanctuary.org or [facebook.com/equinespiritsanctuary](https://www.facebook.com/equinespiritsanctuary).

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