

# Equine Spirit Sanctuary

## For Horses & Humans!





Devote yourself to an idea.  
Go make it happen.  
Struggle on it.  
Overcome your fears.  
Smile.  
Don't you forget –  
this is your dream.





## **ESS Mission Statement:**

**Equine Spirit Sanctuary is a non-profit, volunteer-based healing center that believes in responsible horse ownership. ESS is dedicated to the safety and welfare of all equines and through a program of rescue, rehabilitation, relocation or permanent retirement, and education, serves to establish a connection between equines and humans.**



**Incorporated in 2005  
501(c)3 non-profit  
Licensed horse rescue with  
the State of New Mexico.**



# ESS Location and Facility



**13 Los Caballos Road, Ranchos de Taos, NM**

- 10 Acres.
- The main building has two offices, classroom, volunteer break room, and attached 5-stall barn and tack room.
- Arena.
- 2-Stall barn.
- 3-Stall barn.
- Several horse turnouts.





# ESS Programs Include:

- Horse Rescue and Rehab
- Therapeutic Riding
- Horses Helping Kids
- Learn About Horses Program
- Equine Spirit Connections – Equine Assisted Activities and Therapy (EAAT)





# Horses Helping Kids Program



Therapeutic Riding & Equine-Assisted Learning





**The ESS programs are under the direction of Ruth Bourgeois, ESS founder and PATH, Intl. accredited therapeutic riding instructor.**

**Our team consists of well trained volunteers and gentle, safe horses.**

























**ESS offers therapeutic riding for adults also.**





# Kids and Horses – and Ponies, too!





# Arc Program

Grooming, leading and learning exercises with horses

















# Equine-Assisted Activities and Therapy for persons of all ages (EAAT)





**EAAT is an experiential program that is beneficial and appropriate for the treatment of:**

- **Behavioral Difficulties**
- **Autism**
- **Attention Deficit Hyperactivity Disorder**
- **Depression**
- **PTSD**
- **Anxiety**
- **Mood Disorders**
- **Many other conditions**



**Through specially designed lessons and exercises both on horseback and on the ground, EAAT supports healing and growth in many ways, such as improving self-esteem and self-awareness; developing trust in a safe environment; providing social skills training; encouraging sensory stimulation and integration. EAAT combines body awareness exercises with motor planning and verbal communication.**



# ESS Special Events

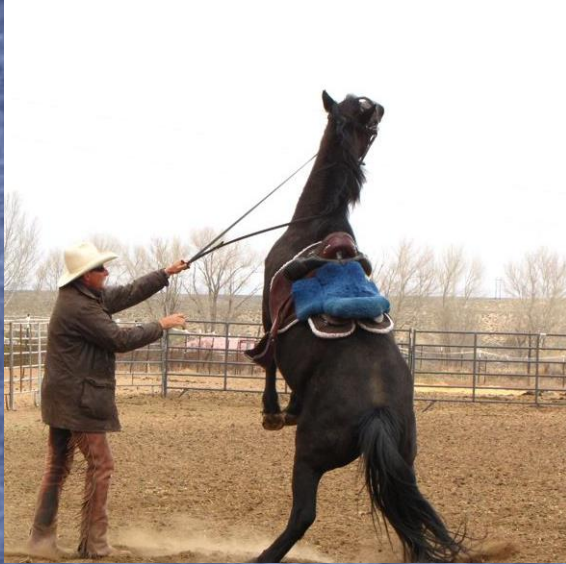


Free pony rides are always offered at our Spring Open House and also at the November Holiday Horse Party.





# ESS offers Educational Clinics in Horse Care, Training, Horsemanship, Art, and More!



**Problem  
Solving  
Clinic**



**Mark Rashid  
May 2013**





Riding Clinic with Linda Benedik,  
author of *Yoga for Equestrians*,  
September 2013.





**SMU students volunteered at  
ESS the fall of 2012. Pictured here with  
Laureate, our Hanovarian gelding.**





# The ESS Equine Family







**Hava**

**Soxy and Baylee**





# Elvis & Baylee







Dustee

Victor and Vilmar





# Red



Red was a rescue that came to ESS in May 2013. He was starving, wild, and terrified of people.



Red and Elvis,  
September 2013.





Baylee

Comet





**Bindy**  
Resident of ESS  
since 2005  
Therapy donkey,  
our little mascot,  
recipient of the  
Milagro Animal  
Award



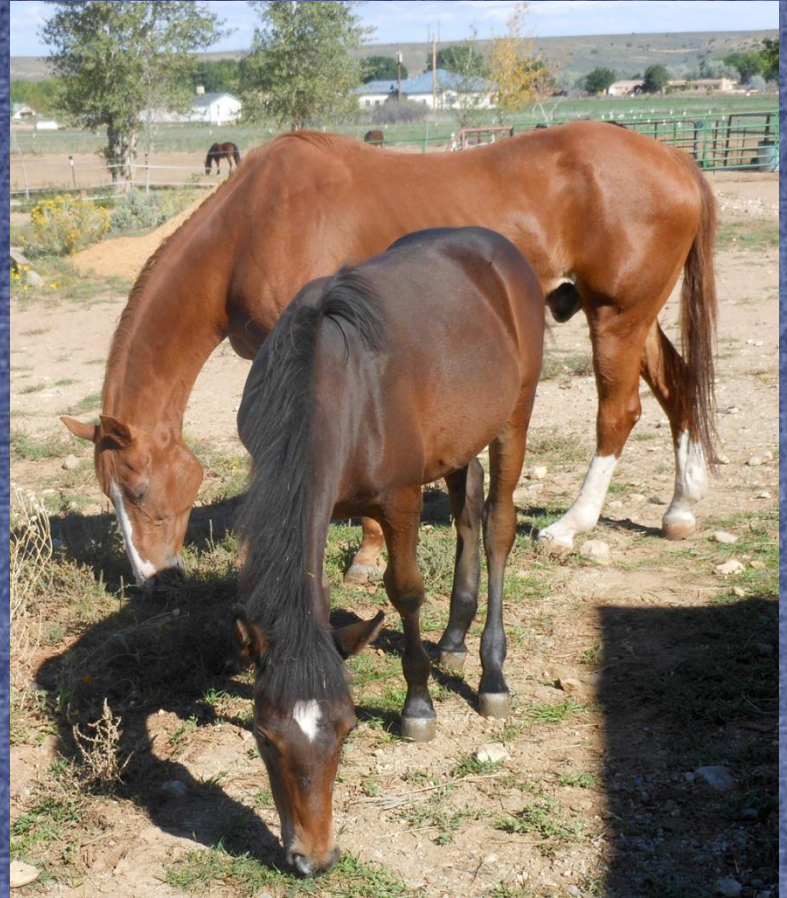


# Bindy, visiting with guests from the Taos Living Center.





# Hope



**Hope came to ESS in March 2013. She was orphaned when she was just three days old when her mother was hit by a car, and then she was attacked by dogs and suffered severe injuries. With lots of hope, faith and love, she has made an amazing recovery from her wounds and has thrived at ESS.**



Hope greeting a  
visitor from the  
Taos Living  
Center.



She is growing up to be  
a beautiful horse!



# Grace and Joy

Grace was rescued from a sale barn kill pen. She gave birth to baby Joy 8 days after arriving at ESS in October 2011.





# At ESS, we celebrate birthdays!

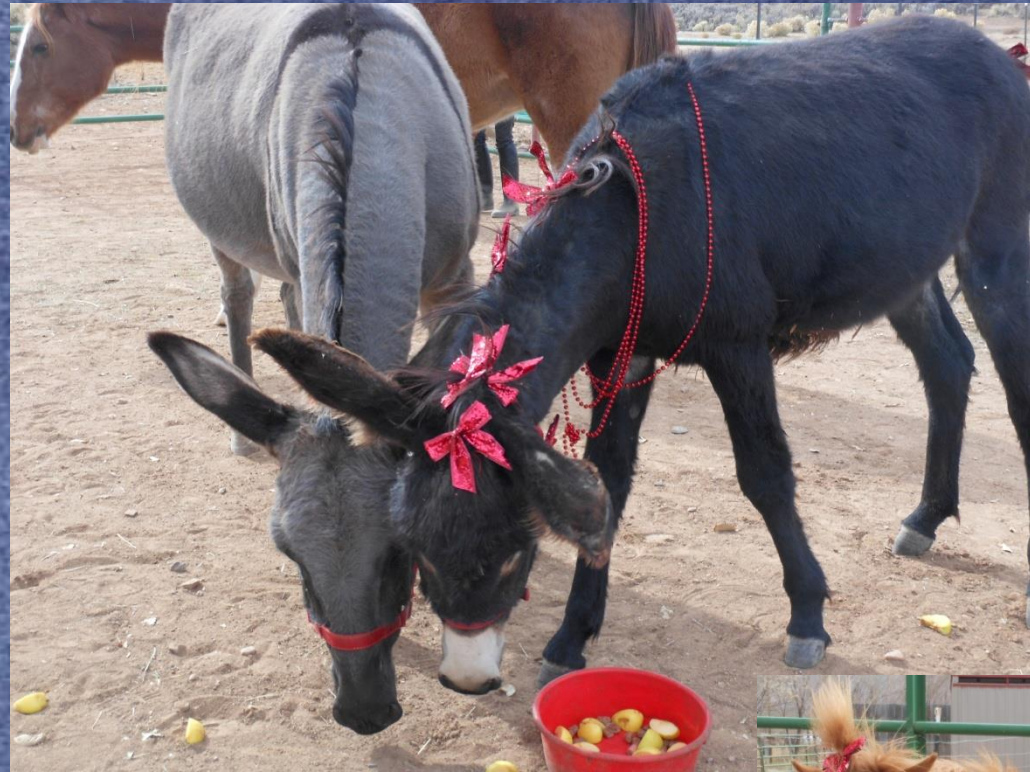
Baylee & Soxy

Baylee's birthday - mom's laughing  
at his falling down birthday hat





# Celebrating Joy's birthday







**Klassy Kat**



**Rosie**



**Sally**

**Hava**





A black silhouette of a horse in profile, facing right, is positioned behind the text. The horse's mane and tail are slightly raised, giving it a sense of movement. The background is a solid blue color with a subtle, fine-grained texture.

**We have worked hard at building ESS to be a true sanctuary, a special place in a world that is sometimes troubled and unsettled.**

**It is a sheltered place where life's true priorities are often made clear.**

**It's not just about the equines, it's about love, life and learning. It's about hope and taking care of each other. And joy!**



**The End!**

