

Majestic Hills Ranch was founded in 1997 and offers low cost equine assisted activities and therapies for children and young adults with special needs, from the ages of 2 to 25 living in all socio-economic levels in the Minneapolis / St. Paul seven county metro area.

These children are diagnosed with Cerebral Palsy, Muscular Dystrophy, Autism, Down Syndrome, ADHD, ADD, cancer, paraplegia, are developmentally delayed, or face other physical, emotional, or mental challenges.

How do Children Benefit from Equine Assisted Activities & Therapies?

Therapeutic horseback riding has gained worldwide recognition as one of the most progressive forms of exercise today. It is fundamentally different from other activities because it utilizes the three-dimensional movement of the horse to mirror movement in the human body. The rhythmic and rocking gait of the horse transfers gentle movement to the rider that relaxes muscles; improves muscle tone, flexibility, and balance; and enhances spatial awareness. It is effective because it connects the physical, mental, psychological, and spiritual elements of healing.



The relationship the children develop with their horse and volunteers helps overcome sensory issues; develops social skills; builds patience and self-esteem; and provides a positive outlook & a sense of belonging. The program engages the children and volunteers through a variety of different games and activities that increase both gross and fine motor skills. The skill sets learned through therapeutic riding give these children a greater ability to cope with the day-to-day challenges they face.

The program horses are specially chosen and trained for therapeutic riding. They must be intelligent, patient, hardworking, versatile, and confident. They are tolerant of noises and sudden movements, yet are responsive to the instructions of more advanced riders.



Majestic Hills Ranch sounds like a great place to be!

And it is! In the past 15 years, Majestic Hills Ranch has seen countless successes.

Children and their siblings who come to the Ranch not only enjoy the close association with the horses but with the petting zoo animals as well.

The Ranch creates a safe and

respectful environment that encourages family members to become involved in their child's classes. Majestic Hills Ranch helps strengthen the bond within the family unit and also builds camaraderie with parents of other riders.



www.MajesticHillsRanch.org

Come out and visit us!

We welcome youth groups to come and learn more about animal care and life on the Ranch. Just call ahead to reserve a time.

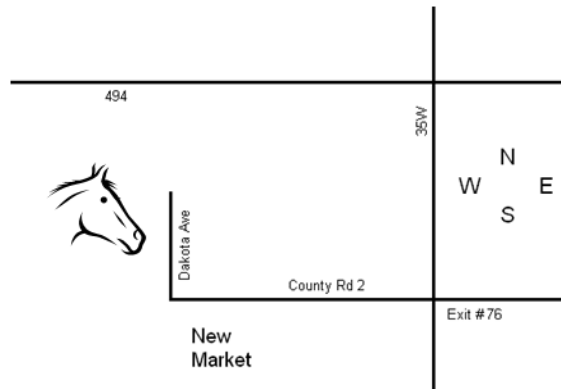
If you'd like to volunteer, or you know a child who could benefit from our program, please contact Kris Zieska at 952.888.6077 or 952.426.5688.

Donations are always welcome!



Directions to Majestic Hills Ranch

- Take I-35 SOUTH past Burnsville and continue on I-35 SOUTH
- Take the New Market/Elko Exit (#76)
- Turn right onto County Road 2
- Continue through New Market
- Turn right onto Dakota Avenue
- Go approximately 1.5 miles. The Ranch is set 1/2 mile off the main road on the left.



Majestic Hills Ranch

24580 Dakota Avenue
Lakeville, MN 55044

Phone: 952.888.6077
Fax: 952.888.6153

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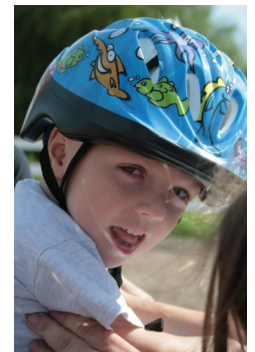


Equine Assisted Activities & Therapies

“Helping Children Grow”

Vision:

To help children & young adults with physical and emotional challenges, chronic illness, or symptoms of abuse or neglect, enjoy their lives to the greatest degree possible.



Mission:

To provide children & young adults with special needs the opportunity to achieve a sense of freedom, accomplishment, and self-esteem while giving their families hope.

Majestic Hills Ranch

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