

## Our Philosophy

It is our sincere belief that Equine Assisted Activities & Therapies, as described by PATH, Int. (Professional Association of Therapeutic Horsemanship, International) can and does contribute significantly to the lives of people with physical, emotional, and/or mental impairment.

## Our Goal

Our goal is to engage Armed Forces Veterans and their families in a variety of therapeutic equestrian activities designed to achieve measurable behavioral, cognitive, physical, psychological, and communication goals.



## We Know That Horses Heal

Equine Assisted Activities & Therapies are fundamentally different from other forms of exercise 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 a gentle three-dimensional 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 horse provides riders, who face challenges such as neuromuscular disorders, brain injuries, post traumatic stress disorder, cognitive limitations, and emotional difficulties, an overall improvement in their quality of life.

## Heroes On Horseback Programs

Our team of riding instructors, equine specialists, volunteers, educational specialists, behavioral specialists, and counselors/therapists utilizes the horse in equine assisted activities designed to achieve a variety of therapeutic outcomes.

- Equine Assisted Activities
- Therapeutic Horseback Riding
- Carriage Driving
- Psychological Therapy

There are overlaps in all four of the sections above. It is impossible to be involved in any one of these areas without gaining the benefits from the others. While receiving psychological therapy, for example, the rider is also gaining balance and coordination, learning sequencing and patterning, and developing social skills. The rider who rides for competition also increases mobility, improves his or her quality of life, and develops self-control. This is the miracle of therapeutic riding.

## The Results of Participation

The benefits of Equine Assisted Activities and Therapies have been well researched and documented. However, statistics alone cannot fully describe the true value of participation. The look of confidence, pride, and achievement on the face of a participant/rider when he or she has successfully completed a task is the most profound measure of its value. To put it simply, Equine Assisted Activities & Therapies works and its benefits are ongoing.



## Physical Benefits

- Improved balance
- Strengthened muscles
- Stretching of tight or spastic muscles
- Decreased spasticity
- Increased range of joint motion
- Reduction of abnormal movement patterns
- Improved respiration and circulation
- Improved appetite and digestion
- Sensory tolerance expanded

## Psychological Benefits

- General sense of well-being
- Improved self-confidence
- Increased interest in the outside world
- Increased risk-taking abilities
- Development of patience
- Emotional control and self-discipline
- Sense of normality
- Expanded sense of self control

## Educational Benefits

- Sequencing, patterning, and motor planning
- Improved visual/spatial perception
- Differentiation

## Social Benefits

- New friendships
- Increased experiences
- Recreational activity
- Enjoyment
- Coping skills
- Feeling of peace and comfort

## How can I get involved?

*Majestic Hills starts recruiting riders in March each year and it is an on-going process. If you would like to ride, or know of a veteran who could benefit from the program, please contact Larry Johnson at (952)888-6077 or Craig Swanson at (612) 759.1840.*

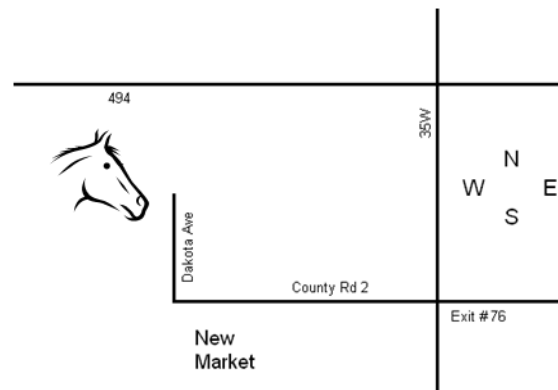
*For more information, please visit our website at [www.MajesticHillsRanch.org](http://www.MajesticHillsRanch.org)*

**Donations are always welcome!**



## Directions to Majestic Hills Ranch

- Take I-35 SOUTH (past Burnsville)
- Take the New Market/Elko Exit (#76)
- Turn right onto County Road 2, continuing 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. Look for the red mailbox on your right. Driveway is on the left.



### Majestic Hills Ranch

24580 Dakota Avenue  
Lakeville, MN 55044

Phone: 952.888.6077  
Fax: 952.888.6153

[www.MajesticHillsRanch.org](http://www.MajesticHillsRanch.org)



MAJESTIC HILLS RANCH

“Heroes on Horseback”

*“In riding a horse,  
we borrow freedom.”*

*- Helen Thompson*

*Our mission is  
to enrich and enhance  
the lives of  
Armed Forces Veterans  
with special needs,  
as well as their  
families.*

**Majestic Hills Ranch**

952.888.6077