



Take the Reins at White Fawn Farm

3743 Bear Creek Rd. Thompson's Station, TN
<https://www.whitefawnfarm.org>



Therapeutic Riding Program for Children & Adults with Special Needs or Life Challenges

➤ **What is Therapeutic Riding at White Fawn Farm? Why consider it for your son or daughter?**



THERAPEUTIC RIDING is a fun activity that provides cognitive, physical, emotional & social benefits for individuals with special needs and life challenges. The rhythmic 3-dimensional movement of the horse offers physical benefits such as *improved balance, coordination, range of motion, muscle strength and motor planning*. There are also *sensory integration benefits* due to riding and the farm environment stimulates senses including vestibular and proprioception.

The horse's consistent movement combined with the process of learning to use and coordinate riding aids and navigating around props and courses in the arena helps *develop and organize cognitive skills*. The ability to control a horse as well as one's own body *inspires self-confidence, responsibility and teamwork*.



To maximize outcomes for each rider, **our credentialed PATH Intl. riding instructors** have received *specialized training and education* with a focus on disability knowledge, teaching methodologies, and techniques for providing adaptations and modification to promote individual success for every rider.

Our therapeutic riding lessons include learning to lead, groom, & tack the horses and encourage the *development of empathy for their horse partners*. Riding outside and around the beautiful farm with new friends creates a *sense of normalcy and well-being*.



One of the most important benefits of therapeutic riding is that it is FUN!

Our Summer Schedule offers Therapeutic Riding Lessons for Children & Adults

<u>WHEN:</u>	Mondays	4 pm and 5:15 pm
	Wednesdays	9 am and 10:15 am
	Saturdays	9:00, 10:15, and 11:30 am

COST: Each one-hour group session is \$50/lesson.

Cancellations provided at least 2 hours in advance will not be charged for the lesson.

Parents/guardians can relax and enjoy the serene farm setting from the comfortable country porch or watch and cheer the riders on from the sidelines.

To learn more about therapeutic riding or the other programs offered at White Fawn Farm, please contact Program Director Susan Lutz: Susan@WhiteFawnFarm.org or 978.376.8062

Why choose White Fawn Farm?

- **White Fawn Farm is a member center of the Professional Association of Therapeutic Horsemanship International (PATH Intl.)**, which sets the industry standards for professionalism, safety, and efficacy for the centers and professionals working in equine-assisted activities and therapies.
- White Fawn Farm's programming staff are:
 - **PATH Intl. certified Advanced and Registered level Therapeutic Riding Instructors** with years of training and education in disabilities, teaching methodologies, learning styles, techniques to support, challenge, and progress children and adults, and of course, riding.
 - **Credentialed Equine Specialists in Mental Health & Learning** with backgrounds in education and/or mental health. They provide challenging curriculums to encourage personal growth and build self-esteem.
- The White Fawn Farm staff and team of well-trained volunteers model **a culture of acceptance and appreciation for all unique abilities**.
- White Fawn Farm provides **a safe and supportive environment** that allows for individual learning and progress when interacting with and riding the horses. Our multi-sensory environment and inclusive teaching strategies are designed to support all learning styles and differences. Accommodations and modifications are utilized when needed, to promote individual success.
- We are **a family focused program**. We value families and understand the unique challenges they can experience when a member has special needs/life challenges.



TESTIMONIALS

"I believe my son has improved his executive functioning and his physical strength. The instructor's fun yet challenging lessons provide him the opportunity to organize his thoughts and plan his movements in a supportive environment. His multitasking has improved, too. Riding the horse and learning skills like posting have increased his core and leg strength as well." – Christy (Matt's mom)

"I think the most important improvement for Livi since starting lessons at White Fawn Farm is the increase in her self-confidence. Her instructor has also been working with her by teaching her skills to help with her anxiety and to gradually become more independent." – Autumn (Livi's mom)

"Anna has become much more confident in her riding and her interaction with the horses which has helped with her self-esteem and her anxiety. She 'owns' her experience which gives her a sense of independence and happiness." – Diane (Anna's mom)

White Fawn Farm's Mission

Enrich the lives of families dealing with disabilities and other life challenges through personalized equine therapeutic programs including interacting with horses on the ground, on horseback or in a horse carriage.