

Therapeutic Riding

Physical Benefits

- Improved balance.
- Strengthened muscles.
- Improved coordination, faster reflexes & better motor planning.
- Stretching of tight or spastic muscles.
- Decreased spasticity.
- Increased range of motion of the joints.
- Reduction of abnormal movement patterns.
- Improved respiration and circulation.
- Improved appetite and digestion.
- Sensory integration.

Psychological Benefits

- General sense of well-being.
- Improved self-confidence.
- Increased interest in the outside world.
- Increased interest in one's own life.
- Improved risk-taking abilities.
- Development of patience.
- Emotional control and self-discipline.
- Sense of normality.
- Expansion of the locus of control.

Educational Benefits

- Remedial Reading· Remedial Math.
- Sequencing, patterning and motor planning.
- Improved eye-hand coordination.
- Visual/spatial perception.
- Differentiation.

Contact Us

Serenity Horse Rescue

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Springboro, Ohio 45066

Phone: 513-379-0430

E-mail: shr_info@yahoo.com

www.serenityhorserescue.net

Kindly send business correspondence and donations to:

Serenity Horse Rescue
105 Elkins Ln.
Springboro, Ohio 45066



Serenity Strides

*Therapeutic division of
Serenity Horse Rescue, Inc.*

Nonprofit Charitable 501(c)3 Organization



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Equine Assisted Therapy

Tel: 513-379-0430

Imagine...

*Smaller mountains
to climb*

Hannah's Story

Hannah is a beautiful child diagnosed with Asperger's Syndrome. She has faced multiple related physical and social difficulties which put a strain on her own sense of belonging within society. Tasks that were seemingly natural for other children appeared to be overwhelming, and Hannah began noticing the differences between herself and her peers. Social conflicts were emerging, academics were declining, and her self esteem and confidence were shaken.



Struggling to bridge the gaps in the care available for their daughter, Hannah's parents sought for alternatives to compliment her existing treatment plan. We received a call from her mother who had positive experiences of her own in horseback riding, and arrangements were made for them to come and visit our rescue. What would happen next was entirely up to their own dreams and the miracles which awaited them.

Hannah began riding in our therapeutic program in March of 2010. It was sensational to see the instant bonds she had



made with our therapy horses, and as the weeks passed her sense of belonging seemed to take form. While her body began adjusting to the rhythmic motions of her carriers, we clearly saw marked improvements in Hannah's leg tightness, muscle weakness, coordination, and balance.

She has gained more freedom over her body, but this was only the beginning of her journey.

"Our Hannah has developed much more than physical gains from therapeutic riding in your program. She gained a sense of self identity, social acceptance within her peer group, academic achievement, and an exceptional boost in her self confidence. Although her path in life may present obstacles and hurdles, there will never be a mountain that she can not climb.

Thank you for the gift..."



Who are we?

Serenity Strides is a therapeutic division of Serenity Horse Rescue, a 501(c)3 non-profit charitable organization, founded by Shula Woodworth in 2006. Our program promotes the well-being of persons with disabilities through the provisions of horseback riding and other related activities within a safe, supportive, and enjoyable atmosphere.

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We work with children and adults with a variety of physical, cognitive, and emotional disabilities, providing therapy and recreational opportunities using horses and horsemanship. Being on a horse positively affects a rider's whole person. It can improve strength, balance, postural control, muscle tone, coordination, sensory processing, speech, motor development, cognitive development, confidence and emotional well being, among other very beautiful things.

Our program relies heavily upon volunteers and donations to provide our services to our riders at a reasonable cost and to keep our special horses happy and healthy. We are always pleased to accept new volunteer applications or contributions for our mission.

Take the step

Every individual deserves the opportunity to live in their own sense of freedom from the challenges faced in having a disability. Call us to schedule an appointment to meet with our therapeutic team and very giving horses. We offer our support in your decisions, assist in meeting your goals, and rejoice in your progress together.

