

## Our Mission:

- To bring balance back into the lives of those traumatized by violence; and help them re-claim their self esteem.
- To help families learn about themselves, and discover how good family dynamics can improve their lives and their community.

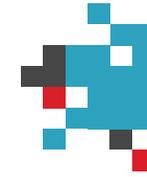


Students and Horses Excel  
25 minutes east of Boise  
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# Students & Horses Excel

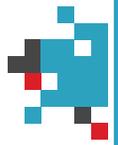
A 501(c) 3 charitable organization  
(S.H.E., Inc. EIN# 81-0545592)

## Therapeutic Horseback Riding

- ◆ Find mental and physical balance.
- ◆ Improve self confidence and gain self esteem.
- ◆ Commune with the giving spirit of the horse.
- ◆ Enjoy the simple pleasures of nature.



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# Therapeutic Horseback Riding For All Ages

Therapeutic horseback riding is an emerging field in which horses are used as a tool for physical therapy, emotional growth and experiential learning.

For individuals with mental and/or emotional disabilities, the unique relationship formed with the horse can lead to increased confidence, patience and self esteem.

The therapeutic qualities of horseback riding are recognized by many medical professionals, including the American Physical Therapy Association and the American Occupational Therapy Association.



## Our Students:

- ~Re-connect with self.
- ~Discover a new balance in mind, body and spirit.
- ~Remember what trust and respect feels like.



## Our Horses:

- ~Partner-up for experiential learning where clients can develop at their own pace.
- ~Provide memorable moments in many simple pleasures of nature.
- ~Enable students to build on the dynamics of mental and physical balance.

## Our Excel-lent Programs:

Donations are tax-deductible

- ~Balance and Rebalance  
Good for body, mind and spirit.
- ~Horses Helping Families  
A Good Family Dynamics Project for building better communications.
- ~Leg Up... a boost into the Saddle.  
For youths at risk with emphasis on a cowboy leadership code of ethics.
- ~Idaho Gem State Vaulters



This ancient form of horsemanship was used to train soldiers about balance in the saddle for wartime; and upon their return from war was used as therapy to regain their sense of balance in life.

## ~Horseback Archery

Out of the chaos of uncontrollable movement there comes a single moment when all things that matter synchronize. Horseback archery is a meditation in motion.

