

Therapeutic Horse riding makes a difference



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Therapeutic Horse riding makes a difference.

The therapeutic value of horse riding was described by Hippocrates as "The Riding's Healing Rhythm". The mission of this Therapeutic Riding School is to do an unique form of therapy on horseback for people with specific needs.

Different goals can be reached, e.g.

- Improvement of muscle tone and strength.
- General balance improves.
- Eye-muscles improve - influence on reading.
- Increased attention-span and concentration.
- Hyperactive children tend to calm down.
- Tactile system is stimulated.
- Emotional/behavioral problems improve.
- Increased spatial and body awareness.
- Development of self-confidence and motivation.
- School performance can improve.
- Increased joint mobility and range of movement.
- Development of the ability to organize and perform tasks in sequence (praxis).
- Integration of the two hemispheres of the brain.
- Sensory integration takes place.

These are only a few aspects which the therapist addresses following the evaluation of a person.

An individual programme is planned for each person. The programme is graded.

Maximum vestibular stimulation through

horse riding is combined with specific therapeutic exercises on horseback.

Therapeutic horse riding is a unique opportunity for a person with specific needs:

- Therapy becomes a fun-session!
- Nature is educational and is enjoyed.
- Horse riding skills are attained.
- The Olympic Games can be a goal for this fine sport.

You can make a difference!

Considering that a sport and therapy is combined in therapeutic horse riding, it is not costly. Though, to aid the less fortunate, this school endeavors to assist financially.

SATRA's (South African Therapeutic Riding Association) Trust was founded for this purpose. Your contributions will be highly appreciated.

- Cash. As little as R200 can make a difference to a disabled person.
- Sponsoring one child (R400 pm - equal to one restaurant meal) can make a difference.
- Suitable horses. What about your pensioned or unused horses? They can make a difference.
- Horse riding equipment (tack). Extras?
- Horse-feed. Well-fed horses are happy horses.
- Therapeutic equipment designed specifically for the disabled.
- Please put us on your prayer list.

Contact the Therapeutic Riding School for further information.

Terapeutiese Perdry maak 'n verskil



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Terapeutiese Perdry maak 'n verskil

Hippokrates het jare gelede gepraat van "Riding's healing rhythm".

Die Terapeutiese ryskool poog om deur hierdie unieke wyse van terapie die kwaliteit van persone met spesifieke behoeftes aan te spreek. Daar is heelwat spesifieke doelstellings wat bereik kan word.

- Spiertonus kan genormaliseer word.
- Die kind met hoe spiertonus (spastisiteit) normaliseer.
- Die kind met lae spiertonus se spiertonus verhoog.
- Bevordering van balans.
- Oogspierkoördinasie verbeter. Het dus 'n effek op lees.
- Konsentrasie verbeter.
- Hiperaktiewe gedrag verminder.
- Tasstimulasie vind plaas.
- Emosionele/gedragsprobleme verbeter.
- Verhoogde ruimtelike persepsie en liggaamsbewustheid.
- Verbeter selfvertroue en motivering.
- 'n Positiewe effek op leerprobleme.
- Verhoog gewrigsomvang en mobiliteit.
- Ontwikkel die vermoë tot organisering en uitvoering van aktiwiteite in 'n volgorde (praksis).
- Hemisferiese integrasie vind plaas.
- Sensoriese integrasie vind plaas.

Bogenoemde is slegs enkele aspekte wat die terapeut aanspreek nadat sy die persoon volledig evalueer het. 'n Spesifieke individuele program word vir elke persoon uitgewerk. Hierdie program word ook fyn gegradeer. Perdry gee maksimale vestibulêre stimulasie, maar daar word addisioneel tot hierdie stimulasie spesifieke terapeutiese oefening op die perd gedoen. Terapeutiese Perdry bied 'n unieke

geleentheid vir die persone met spesifieke behoeftes:

- Therapie word 'n pretsessie!
- Die buitelug en natuur word ondervind en daaruit geleer.
- Perdry-tegnieke word aangeleer
- 'n Sportsoort word beoefen wat die uitdaging van toekomstige deelname aan die Olimpiese Spele bied.

Jy kan 'n Verskil maak.

As in berekening gebring word dat 'n sportsoort en terapie met perdry gekombineer word, is die koste daaraan verbonde nie so hoog nie. Hierdie ryskool stel hom ten doel om gestremdes wat egter nie hierdie terapie kan bekostig nie, finansiëel te ondersteun om deel te hê aan hierdie uitmuntende sportsoort waarby hulle ook medies kan baat.

SATRA (South African Therapeutic Riding Association) se Trust is vir hierdie doel gestig en enige bydraes/borge sal hoogs waardeer word bv.

- Kontant bydrae. Selfs so min as R100 kan 'n verskil maak aan 'n gestremde.
- Borg 'n kind (R400 pm.) Dit is gelykstaande aan een restaurant-ete). Dit kan 'n verskil maak!!
- Perde. Afgetrede/ongebruikte perde?
- Perdrytoerusting. Ekstras?
- Voer. 'n Vol maag maak 'n perd gelukkig.
- Spesiale perdrytoerusting vir erg gestremdes.
- Asseblief sit ons op jou gebedslys.

Kontak die Terapeutiese Ryskool vir verdere inligting.