



# HORSE WARRIORS™

## HOW DO YOU TOUCH THE WORLD?



What values do you want to share? How do you want to affect others? What are your dreams? What will be your legacy for having been on the planet? What do you wish to hold, to nurture, to bring to fruition? This fun, handprint exercise - one of our program favorites - is filled with the power to manifest your dreams and visions for yourselves.

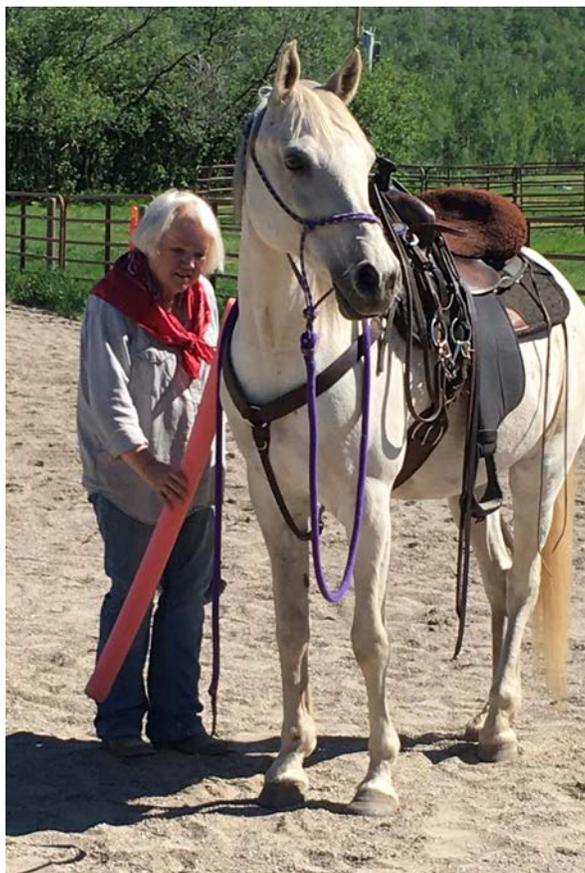


Check us out on Instagram! Meet our horses and see daily program updates!

**Training the Trainers** Our Professionals' Training residency, **Horses of the Goddess™**, is an annual, week-long immersion in learning how to create and facilitate Equine Assisted Services. For better than 12 hours a day, participants learn the subtleties of equine communication, energy dynamics, healing modalities with horses, conscious horsemanship, curriculum development, somatic experiencing, mounted and un-mounted activities for a wide variety of abilities, constructive critique approaches, arts integration, trauma theory, and professionalism in the industry. Every year this course gets rave reviews - there really is nothing quite like it anywhere else! Add in the fabulous food and on-site lodging and it's the best of all working vacations!



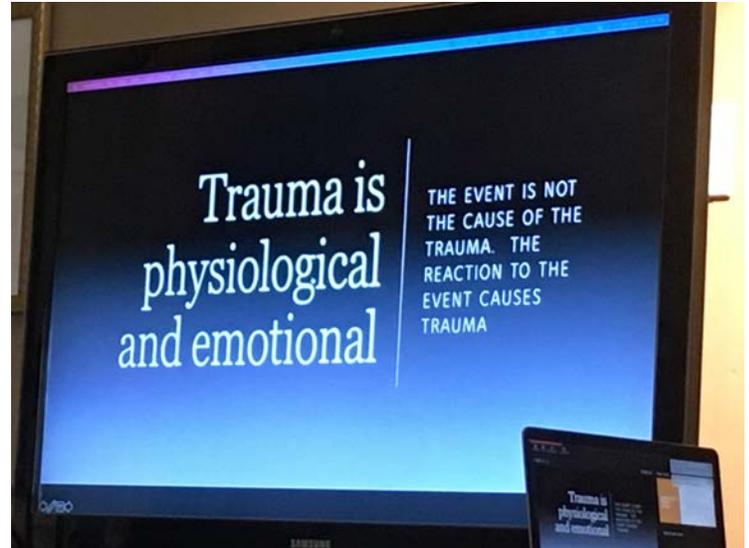
**"Horseopoly;"** practicing what you want to teach your riders; building trust with a horse; and playing the ever popular, **"Games With No Rules,"** are all part of having fun on the first day of class!



## MENTAL HEALTH, TOO!

**Mental Health and Wellness** are foundations of the Horse Warriors™ programs. **We include a significant focus on MH in our Professionals' Training**, and teach therapists and instructors how to include the horse in the practice of Somatic Experiencing. **SE work is extremely helpful in assisting clients in understanding and releasing stored trauma.**

Activities with the horses help clients relate to - and stay in - their bodies so they can more easily process their reactions. **They help build new neuropathways in the brain that lead to deeper healing.**



Remarkably, the horses, who are at liberty, make the choice to stay with and interact with their clients to help them process inner work. They connect, lend support, and respond to subtle changes their humans make, helping increase awareness. **These sessions are always facilitated by licensed therapists trained in equine therapy practices.**



## CLASSES ARE UNDERWAY!

**Power Ponies™** is in full swing with our mentors and volunteers working diligently to help their riders (and their parents!) master new skills.



*From grooming to groundwork to measuring "horses or ponies" to riding independently, new riders are given clear direction, encouragement, and support to be successful.*



## RETURNING RIDERS

**Mighty Mustangs™** are well on their way to becoming Horse Warriors™ themselves. As soon as they reach 12 years of age they can move up. All of them have participated as Power Ponies™ and their exercises get more challenging as they advance through the programs. We start letting them teach each other a bit more often so they can practice their own expertise. They have fun riding and playing "Horseopoly" with their parents in these sessions as well!



## OUR TEENS ARE BUSY!

### The Horse Warriors™ are upping their games!

This summer we are doubling down on basic equitation skills in the arena and out on the trail. We start all our riders, no matter what the program, riding in halters until they develop a good enough seat that they don't rely on their hands for balance. **A strong, deep, secure, and educated seat is the foundation for all good riding.** Hands are for gently guiding, not for catching yourself when you are off balance! We cringe at some of the photos we see elsewhere of horses being ridden unconsciously, and are committed to teaching that there is a 2-way relationship between horse and rider. **Our horses are partners, not "tools,"** and our riders are taught this from the very beginning.

**This month we are sharing a little video clip of one of our intermediate riders** who is working on seat cues for transitions, and developing a secure seat. As she progresses with Zane she'll start adding more contact with her horse's mouth. We want to be sure her balance is perfectly secure first. **They have a lovely connection and they are doing a great job of listening to each other!**



*Whether bareback, saddled, bitted or bitless, the communication always needs to be soft and balanced. Arena and trail riding are the same: it's all about communication, kindness and respect between horse and rider.*



[CLICK TO PLAY VIDEO](#)

## ART AGAIN!

### WE JUST CAN'T GET ENOUGH ART!

With the hot weather we've been focusing our riding time in the morning and early afternoons. That leaves us time to step into the shade and have some more art time to round out our days. We are loving watercolor with our new, thick-papered Arteza journals.



### SOME FUN ADULT ART PROJECTS!

Our Professionals' Training students had fun painting boot jacks, too. Everyone loves to play with colors and spark their imaginations! Art is part of ALL our offerings because **"Art Saves Lives!"**



## HEADS UP!



## DATE CHANGE!!!

SEPTEMBER 17-19, 2021



**307-690-6124**

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**WOMEN & HORSES:** We have changed the date due to **Old Bill's Fun Run** being an in-person event on September 12th.

**Now that we are heading into our fundraising time of year** we hope that each of you will include us in your generosity. We operate with a bare bones budget: there is no waste, no fluff, no fanfare in what we do. We are all about the product and outcomes for our participants. We want them to succeed in their own goals and aspirations, so we do all we can to help them build confidence, resilience and awareness of themselves and others.

Our values are simple: **Be Kind. Be Supportive. Offer Hope.**

**We have never needed to show off, just show up.** When the pandemic hit we were there for our most needy clients - the ones who had been in isolation, cut off from friends and social networks, and who were facing depression, alienation and loss of spirit. **Our focus on mental health has been a foundation of our service since our inception.** Never has it been more needed by our communities and our country than it is today.

In 2020, Horse Warriors™ went to the extremes necessary to keep our doors open and provide a safe environment for our students. Though we reduced our program offerings, we still were able to support our teens through the devastating impacts of COVID-19. It took a deep level of commitment and flexibility. **Our 23 years of service to the community never flagged, even when it meant going to extraordinary measures** to help our clientele find a place of physical and emotional safety in a rapidly changing, and often psychologically turbulent world.

**We stayed safe. We stayed healthy. We stayed together.**

Thanks to you - our generous and loyal supporters - we nurtured our students, fed our horses, and fostered an optimistic outlook, even in the face of endless global fear. We created bolder, more compassionate, more resilient citizens through our example of making lemonade from all the lemons. It took reaching down into the depths of our commitment to service, and we did it!

From the WY Arts Council who understood how critical creativity is to weathering difficulties, to the WY Business Council, to our local and national annual giving donors, to our tiny but invincible staff, to our roll-up-your-sleeves Board, to our volunteers who stepped in to carry a huge load, **we were able to be there for others when it was most needed.** Our gratitude is immense. We hope you will all be making plans to once again help us be the foundation that holds a great weight for our community. Old Bill's is coming soon and we would love your continued support! **Thank you all!**

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