

# THE HEALING POWER OF HORSES

Born from the combined love of horses and children, Alatheia Therapeutic Riding Center demonstrates the power of equine assisted activities and therapies.

We are a 501(c)3 non-profit corporation and serve children and adults with special needs in North Central Washington. Our riders develop increased core strength, balance, coordination, and neuromuscular function as they learn and apply real skills on horseback.

We are affiliated with and our practices are guided by the codes and standards of PATH (Professional Association of Therapeutic Horsemanship).



See more about our team of Norwegian Fjord horses, and instructors at:

[www.AlatheiaRidingCenter.com/Team](http://www.AlatheiaRidingCenter.com/Team)

## Finley's Story

**I'M THE ONE...** Once a week my (horse), Frid and **I play**. Basketball, bubbles, matching and sorting. Once a week my Frid and I, **we laugh**. She laughs at my silliness and **I do my best** to make her whinny with me as we **work hard** together in lessons. When **MY Frid smiles**, I'm the **one who did it**. Mama gets it. She knows. When I'm at Alatheia **I'M the one!**

See More Rider Stories at:  
[www.AlatheiaRidingCenter.com](http://www.AlatheiaRidingCenter.com)



Alatheia features only Norwegian Fjord horses that are registered with the NFHR (Norwegian Fjord Horse Registry). Aside from their unique and beautiful appearance, Norwegian Fjords are noted for their calm and easygoing nature. They are sure-footed and "honest", meaning they are what they seem. Quiet, friendly, and trustworthy. Each of our horses have a unique personality and endear themselves to riders very quickly. Read more about our special horses at:  
[www.AlatheiaRidingCenter.com/Team](http://www.AlatheiaRidingCenter.com/Team)



[www.AlatheiaRidingCenter.com](http://www.AlatheiaRidingCenter.com)  
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MANY THANKS TO OUR SPONSORS:



# Alatheia

RIDING CENTER



Changing Lives with the  
Healing Power of Horses

[www.ALATHEIARIDINGCENTER.COM](http://www.ALATHEIARIDINGCENTER.COM)

"I found out that **he was** not only **riding** a horse, but he could actually ride it **himself**. And I have to say, what I saw was one of the **more remarkable** things that I've seen in 35 years of practice."

~ Dr Stephen F Voories, MD

(Alatheia Rider Josh with severe Cerebral Palsy)



## THE BENEFITS

Our riders have a variety of physical, social and learning disabilities. Therapeutic activities on and off the horses develop core strength, balance, coordination, social skills and cognitive abilities. The movement of a horse engages the pelvis and resembles walking. Horses empower and motivate our riders.

Just some of the special needs we serve include:

- Autism
- Cerebral Palsy
- Down Syndrome
- Mitochondrial Disease
- Multiple Sclerosis
- Muscular Dystrophy
- Rett Syndrome
- Sensory Issues
- Speech
- Spina Bifida

## OUR PROGRAMS

### Therapeutic Riding

is movement oriented and the goals are geared towards core strength.

### Adaptive Riding

is geared toward developing real riding skills.

### Future Program: Hippotherapy

is physical, occupational or speech therapy conducted by a licensed medical professional using the horse as a tool for change.

## YOUR GIFT. THEIR GAIN.

**MEMBERSHIPS STARTING AT  
JUST \$20 PER MONTH!**

For more information visit:

[www.AlatheiaRidingCenter.com/Support](http://www.AlatheiaRidingCenter.com/Support)

We are committed to loving and nurturing every child who comes to the Alatheia Riding Center, regardless of their ability to pay.

Your support will allow these riders to continue therapeutic riding at Alatheia.

"Your tax-deductible **support** helps to change the **lives** of some very **special** people with the **healing** power of horses."

~ Nancy Grette

Alatheia Riding Center Executive Director



### Grace's Story

**I AM FREE...** It's only an hour. Oh, but it's a whole hour. When I'm at Alatheia **I am a heroine** in a dramatic story of dire circumstances and I ride to save the day. **I stand tall** to show my superhuman strength and **for one hour**, one whole hour, I am invincible. At Alatheia **I am free**.

See More Rider Stories at:  
[www.AlatheiaRidingCenter.com](http://www.AlatheiaRidingCenter.com)

## LEARN MORE!

Connect with us to learn more about our mission, programs, riders, volunteer opportunities, financial needs, and our dedicated team of horses and staff.

[www.AlatheiaRidingCenter.com](http://www.AlatheiaRidingCenter.com)  
**#509-630-8710**

