



For Immediate Release:
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Bright Horizons offering new classes for the Fall Series.

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Bright Horizons announces new classes for their 10 week Fall Series starting Sept 11th thru Nov 19th, 2016. The following classes now being offered:

Therapeutic Riding - Mounted horseback riding intended for any person with a special need or disability. Lessons are adapted to fit the needs of the client by utilizing specially trained horses, volunteers, and adaptive equipment as needed. Clients focus on learning riding skills, and the Instructor incorporates their school and/or life goals into the lesson by using activities to target the goals. Some common goals are developing balance and core strength, increased focus, motor planning, problem solving skills, independence, and self-confidence.

Interactive Vaulting - Often equated to gymnastics on horseback, vaulting allows riders to perform movements on the back of a horse while also focusing on the interactions between the vaulters, horse and instructor. Each client in a group works at his/her own level. Some physical benefits of Interactive Vaulting are core strength, increased balance and flexibility, gross and fine motor skills. While not on the horse, clients practice skills such as patience, following directions, multi-step tasks, and focus. There is a lot of interaction between the clients, as well as between the clients and the horse, which fosters work on empathy, encouragement of other clients and horse, and teamwork.

Equine Facilitated Learning and Psychotherapy - Promotes personal growth and development of communication and through activities and interactions on and around the horses. These private classes can be tailored for a person, a family, or a group working on a mental health, emotional, or social goals. This is generally ground based (not riding the horse) activities that help the person, family, or group gain insight about themselves or others. Horses are sentient beings that have thoughts and feelings, and will interact with the clients based on how the clients are acting and feeling. EAL helps clients deal with many life goals such as self-awareness, setting boundaries, dealing with stress and anxiety, and interpersonal communication. This alternative therapy can be short or long term, often times helping people not making progress with traditional therapy.

Recreational Riding - Beginner to intermediate Western and English riding instruction for typically functioning children and adults. Learn all around horsemanship skills including grooming, tacking, leading and riding.

W.E.R.K. - Work in Exchange for Riding for Kids - A program for the 'Horse Crazy Kid" - Volunteer with Bright Horizons for 4 hrs a week and earn lessons in Riding, Grooming, Tack Care, Horse management, and general Horsemanship Skills. Ages 12 and above. Teaches responsibility, respect, empathy, and communication skills while earning recreational riding lessons.

For more information please call Amy @ 541-961-4156, or e-mail amy@brighthorizonsriding.org, or visit us at www.brighthorizonsriding.org.

About: Bright Horizons Therapeutic Riding Center

Bright Horizons is a therapeutic riding center that was founded in 2004. Bright Horizons is both a 501 (c) (3) non-profit organization and Professional Association of Therapeutic Horsemen, International (PATH Int'l) member center. PATH is a membership organization that fosters safe, professional, ethical and therapeutic equine activities through

education, communication, standards and research. Bright Horizons operates utilizing PATH guidelines and teaching standards.

Bright Horizons Therapeutic Riding Center takes a team-oriented approach to providing its programs targeted at disabled children and adults. A dedicated and committed Board of Directors, an Executive Director and a PATH certified instructor work together with a network of service providers and volunteers in a concerted effort to instill our core values of empathy, empowerment, human dignity and the right to self determination. Genuine healing takes place in a safe environment of tolerance and understanding where assets are tapped, potentials realized and deficiencies forgotten.

Therapeutic riding provides individuals of varying ability levels opportunities to challenge themselves physically and emotionally and to set goals to improve their quality of life via the horse. Recognized by the American Occupational Therapy Association and the American Physical Therapy Association, equine facilitated therapy provides a valuable adjunct to traditional forms of therapy. Equine assisted activities have shown remarkable success in meeting the complex needs of program participants. Benefits may include gains in balance, posture, and mobility. A person's gait is similar to that of a horse giving many riders the opportunity to experience this type of normal movement for the first time while on a horse.

Bright Horizons' "equine therapists" and certified instructor enable riders to achieve their goals through carefully designed equestrian activities. These programs have been shown to measurably improve physical, psychological and social functions especially among children. Studies have documented significant gains in self-esteem among adolescents and disabled children who participated in equine assisted therapy.

For more information about Bright Horizons Therapeutic Riding Center visit us online at www.brighthorizonsriding.org.