



In Her Own Words

It's magical.

Three volunteers, one rider and a middle-aged, highly tolerant horse all making magic together.

It's grueling and exhausting but the rider doesn't stop. Neither does the 65-year-old volunteer trotting both rider and horse on uneven ground for the second, 40-minute class in a row.

I feel the magic every time I watch a team trotting in the arena. I know each movement increases the balance, strength and confidence of the rider. The volunteer feels the magic in her rider who is having a great time. We're all fueled by the rider's giggles as the rider bounces along on the back of the trotting horse.

The magic for me comes from the outcomes - the increased flexibility and core strength, fine motor skill development, increased communication, and a sense of achievement.

I watch a 14-year old volunteer and her rider in the moment. The volunteer gently guides the rider's hand toward a ball set-up on a barrel. The rider reaches away from the horse toward the ball. The volunteer holds the rider securely and encourages the reach. Their magic is the ball, the reach, the success.

It's magical for everyone in different ways.

Karen Mead