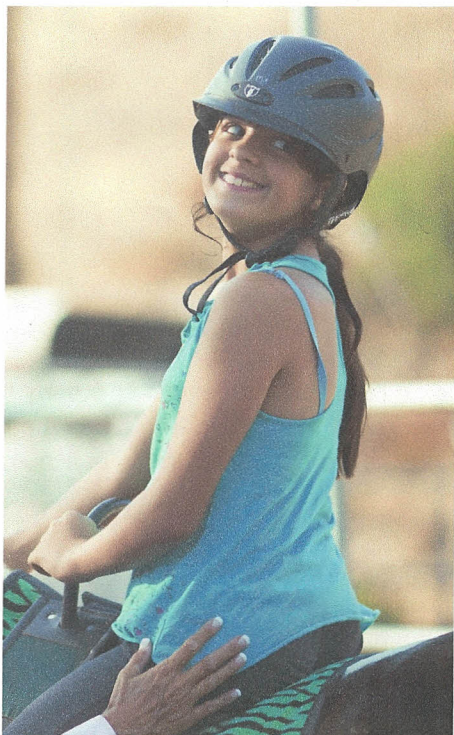


One parent's words say it best...

***"The day my child began to ride, is
the day our world began to change."***



www.PoVaTRC.org

Ingrid Mourey

Executive Director

PATH International Advanced Instructor

Email: ingrid@PoVaTRC.org

Phone: (858) 231-7889

Riding Facility:

11319 Creek Road/Beeler Canyon Road, Poway

(.8 mile off of Pomerado Road)

Mail: 13943 Poway Valley Rd., Poway, CA 92064

**501(c)(3) non-profit
tax id # 45-1592900**



Ways to help...

Please Volunteer

Whether you have horse experience or not, we can always use an extra hand.

Please Donate

Our goal is to make therapeutic riding available to everyone who would like to ride and we can't do that without your support.

Our immediate needs are to acquire additional program horses and find sponsors for all of our horses.

- \$400 covers horses expenses for 1 month
- \$4800 sponsors a horse for 1 year
- \$5,500 will allow us to purchase a Fjord horse

Every horse added to our program enables us to teach an additional 10 lessons per week.



(Ways to donate: On our website www.PoVaTRC.org there is a donate button for secure online donations or checks are always appreciated.)



Imagine a place where the impossible becomes possible...

- *Your daughter learning to crawl after being told by doctors she would never crawl*
- *Your son saying something is fun for the first time in his 13 years of life*
- *Seeing the tears in a mother's eyes when her daughter takes the reins and rides independently*

This is PoVa Therapeutic Riding Center



On the surface therapeutic riding may look like fun and games (which it is), a regular riding lesson or a pony ride - but it is so much more. Therapeutic riding strengthens the bodies, minds, and spirits of individuals with disabilities. Our lessons are designed to focus on our riders' abilities rather than their limitations. Whether the disability is acquired or congenital, most anyone of any age (no matter if they are 2 or 82) can ride.

The measurable benefits gained with therapeutic riding are vast and extend far beyond the enjoyment of the riding lesson. The life skills learned and the physical and cognitive improvements experienced help with many aspects of our students' lives. For example, as the horses are walking, their stride requires the riders to constantly adjust, shift, and rebalance themselves. Therefore, riding can lead to measurable physical changes including normalization of muscle tone, improved posture, and increased core strength. Therapeutic riding also teaches motor and communication skills. Commanding the horse to "go", "whoa" or "walk-on" may be a child's first words. For the non-verbal rider, the physical action of pointing or pulling the reins is a powerful form of communication which elicits a response.

We welcome you to PoVa - A special place where...

As we believe in our riders' abilities, the riders' grow to believe in themselves.



Benny loves his riding therapy at PoVa! Thanks to Ingrid, Kathy, "BlueBell", Teddy" and all the volunteers there that have literally transformed Benny's life. Benny has gone from crawling to standing independently and walking in 3 months thanks in large part to the team at PoVa.

What an awesome gift for him and for our family!!!"

Kevin Churchill

Our Program

PoVa is located on the pristine grounds of Creek Road Ranch in south-west Poway. Working with some very special horses and a dedicated group of volunteers, we offer private and semi-private riding lessons to children and adults with disabilities. Our lessons are taught in the riding arena as well as along the paths that meander throughout the property including the Cascade Trail. The Cascade Trail is our beautiful sensory integration trail which combines the sights and sounds of nature with many exciting interactive activities for our students.

