

What is the point of riding?

I have thought about the point of riding for a lot of years. It is considered by many to be a classical discipline when taken to its limits and I count myself amongst those who think of it in that way.

While a large number of students will begin their riding experience at a young age, few will continue into adulthood. In fact, it is a very small percentage that attempt to make understanding horses their life's work. (And those who do feel they could use two lifetimes to fully grasp it all!)

So, what is the point of learning to ride?

I believe that like all things that demand excellence, the required discipline itself has benefits. However, there are many things in life that demand discipline. Violin lessons perhaps, or competitive rowing. So, what makes learning to ride different?



Meredith with Zephyr.



Emma with Lottie.

I have come to believe that it is because the horse incentivizes all the characteristics that make us better people. Compassion, empathy, self-awareness, and self-discipline are rewarded by the horse in a continuous feedback loop. The more the student seeks ways to make the horse's life better, the more the student begins to think less

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CALENDAR of EVENTS



JUMP SCHOOL

Friday, May 16

FREE INTRODUCTION TO HORSES NIGHT

Friday, June 6

CAMP STAFF TRAINING SESSION

Friday, June 20

EQUINE ASSISTED THERAPY WITH KRISTINE MORTON

Friday, June 30

HARROGATE HUNTER HORSE SHOW SCHEDULE

Sunday, June 8

Sunday, October 5

AWAY HORSE SHOW SCHEDULE

Sunday, May 25

(Stonewood Equestrian)

Sunday, June 22

(Stonewood Equestrian)

Sunday, September 21

(Stonewood Equestrian)

*All students are welcome
to come out and cheer on
the Harrogate Team.*

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about themselves and more about others.

There have been studies that suggest that self-absorption stimulates the same neurons in our brains that are affected by depression. I'm no psychologist but I can't help but think that practising a certain amount of generous



Samantha with Mrs. V.



Jenna with Jake.

selflessness might be helpful for everyone, especially for our youth who are so stressed by the pressures of our modern society.

A fine example of this was seen at our most recent horse show.

Watching our students help and encourage each other is such a wonderful thing and for us at least, that is more

important than where they placed in the show.

The competition was all about the student's search for excellence, balanced with their ability to consider the horse, stay calm, think independently, and support their peers.

We couldn't be prouder of how the Harrogate students showed up!



Aubrey with Bugsy.

TRIVIA QUESTION:

It is thought that there is only one truly wild breed of horse left in the world. What is their name and where in the world are they located?

The answer will be in next month's issue of The Mane Bit.



A special message for all our hard working Tiny Trotters...

There are five levels that Tiny Trotters need to pass before graduating to the regular lesson program. On June 21, we're going to have a special session where the students can go through their paces and show us how much they've learned.

This will be followed by a graduation ceremony where the students will receive a certificate showing the level they have achieved.

Parents are welcome to attend.

Update on Stoney

He's making great progress and has become quite the favourite at Leslie's school in Niagara

Thanks again to Sarah for working on his remedial education.



The answer to April's Trivia Question is:

Q: The horse is able to sleep standing up. What is the name of the 'system' that allows him to nod off and yet to fall down?

A: The Stay Apparatus

This month's winner of a \$25 gift card from Greenhawk is **Isabelle Lumley**. Honourable mention goes to **Marleigh B.** and **Daniel Z.**

All correct guesses have a chance to win, so don't miss the opportunity to be our next Trivia winner!

TRIVIA GUIDELINES:

- Place your answer in the box found in the lounge and include your name and contact information.
- There will be a random draw from the correctly submitted answers and one person will win a prize.
- The winner will be announced in the following month's Newsletter.

Equine Assisted Psychotherapy Group

Emotion Regulation



GROUP FACILITATOR:

Kristine Morton
MSW RSW



Kristine has been providing psychotherapy to youth and families in the community, residential and hospital settings for more than 15 years. She has a degree in Psychology and Social Work and Masters in Social Work. To accommodate the unique and individual needs of her clients, she has adopted an integrative, evidence-based approach to therapy. She practices from a client and family centered lens, utilizing both trauma and attachment informed care. She is trained in a multitude of modalities that include: Dialectical Behaviour Therapy (DBT), Cognitive Behavioural Therapy (CBT), Self-Regulation (the Shanker method), Narrative Therapy, Behavioural Therapy and Solution Focused Therapy. Kristine is a registered social worker.

CO FACILITATOR:

Meredith Parker
Equine Specialist



Meredith started riding at Harrogate Hills Riding School when she was eight years old. She has been teaching lessons since 2014, and her favourite part about teaching is helping riders connect with their equine partners, as well as building resiliency, compassion, and empathy. Meredith is trained in Equine Assisted Learning (EAL). She has seen brilliant transformations in the people who have had the opportunity to spend time with horses.

This two hour emotion regulation group will help you to increase self-awareness by learning to identify and label emotions; to manage anxiety and stress more effectively; to better understand how emotions, thoughts, and behaviours are connected and to learn how to problem solve effectively so you can respond and manage the emotions.

Why equine assisted psychotherapy?

Horses are amazing teachers. They require us to bring our best selves forward. They are highly intuitive and teach us how to balance our emotions. They keep us present because they truly exist in the moment. Equine-assisted therapy can provide more meaningful mental health gains than traditional talk therapy alone.

Benefits include:

- ▶ Improved self-image
- ▶ Increased empathy, assertiveness, stress tolerance
- ▶ Impulse control
- ▶ Identifying and coping with feelings
- ▶ Communication and interpersonal skills
- ▶ Boundary setting
- ▶ Overcoming fears
- ▶ Trust
- ▶ Learning to accept responsibility



The costs of services are often covered or partly covered through extended benefits or health spending accounts. Please check with your insurance company to see coverage.

WHEN

Friday, May 30
5:00 to 7:00 pm

Please arrive 15 minutes before the scheduled time in order to prepare for the class.

COST

\$160.00
for the 2 hour session

WHO

Youths, 10 to 16 years of age

WHERE

Harrogate Hills Riding School
18786 McCowan Road,
Mount Albert, ON

To register, contact Kristine Morton at 289-536-4076 or kristinemortontherapy@gmail.com

A few more photos from the May 4th show.



Jasmine with Jackson.



Cinthia with Jasper.



Caitlin with Spirit.



Aubrey with Bugsy.



Samantha with Mrs. V.



Emma with Mrs. V.



Stay tuned for unique and exciting adventures with horses, as we present new learning opportunities in our monthly newsletter that take you beyond your regular weekly lessons.



*The kindest treatment of the horse
is gained through knowledge.*