

Adaptive Riding

TRINITY
changes lives

What is AR?

AR is personalized horseback sessions that use both mounted and unmounted activities to enhance core strength, muscle tone, and emotional wellbeing.

Guided by certified PATH instructors, these sessions incorporate both mounted and unmounted horsemanship activities, providing a holistic approach to personal development.

The rhythmic movement of the horse mimics the human gait, offering physical benefits, while the bond formed between rider and horse fosters emotional growth.

- **Who can join?**

Children ages five and up through adults with varying abilities. Ramp and lift assistance available.

- **What are the activities like?**

Mounted and unmounted, available in group or individual sessions

- **What does AR help with?**

Enhance confidence, self-esteem, enhance communication, social skills, teamwork, core strength, and balance.

Experience the joy and benefits of horseback riding tailored to your needs.



DISCOVER HOW

TRINITY CHANGE LIVES

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