

One parent's words say it best...

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



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.

Thank you!



Ingrid Mourey

Executive Director

PATH International Advanced Instructor

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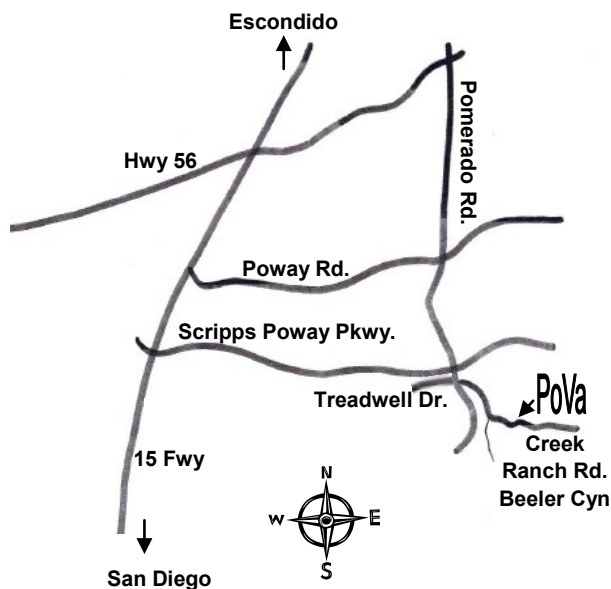
Website: www.PoVaTRC.org

Riding Facility:

11319 Creek Road/Beeler Canyon Road, Poway
(.8 mile off of Pomerado Road)

Mail:

13943 Poway Valley Rd., Poway, CA 92064



Therapeutic Riding Center



www.PoVaTRC.org

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



Our Program

PoVa is located on the pristine grounds of Creek Road Ranch, which is conveniently situated in a picturesque valley at the very south-west end of Poway. Working with some very special horses and a dedicated group of volunteers, we are able to offer private and semi-private 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.

About Us

Poway Valley Therapeutic Riding Center (PoVa) is a 501(c)(3) non-profit organization offering therapeutic horseback riding to children and adults with special needs. The lessons are led by the program's Executive Director, Ingrid Mourey who is a certified PATH International Advanced Instructor. She is working with Program Director Kathy Guiney, also a life-long equestrian and a California Credentialed Teacher with experience in special education.



Mission Statement

Our mission is to provide equine assisted activities and therapies to children and adults with physical, cognitive and/or emotional disabilities.

We strive to enhance the lives of our riders, their families and volunteers in a safe equestrian oriented environment.

Why Ride

On the surface therapeutic riding may look like fun and games (which it is), a regular riding lesson or a pony ride. In addition to being a fabulous recreational activity, the physical, cognitive and emotional benefits are tremendous and far-reaching. 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 (with doctor's clearance) 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 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 forward 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 rider's abilities,
the rider's grow to believe in themselves.**