

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.

www.PoVaTRC.org

Thank you!



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PATH International Advanced Instructor

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



**Therapeutic
Riding
Center**



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Our Program

Poway Valley Therapeutic Riding Center is located at Poway Valley Stock Farm in Poway, CA. 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 trails under a canopy of trees. Being able to ride on the trail in a tranquil environment gives our students an incredible outdoor experience that combines the sights and sounds of nature with the benefits of a therapeutic riding lesson.

About Us

PoVa is a 501(c)(3) non-profit organization offering therapeutic horseback riding to children and adults with special needs. The program is led by Executive Director, Ingrid Mourey who is a PATH (Prof. Assoc. of Therapeutic Horsemanship) International Advanced Instructor. She is working with a dedicated staff and team of instructors whose expertise includes therapeutic riding instructor certifications, speech therapy, education and extensive equestrian backgrounds.



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

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.

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.

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.**