

## WHAT'S COMING UP?

**UPWARD TRANSITIONS** is offering:

### COMPETITION

Qualified riders can compete at the local, regional, state, national and international levels. Riding disciplines will include Western, English, Dressage, Trail and Showmanship at Halter.



Licensed therapists use the horse's movements as a treatment tool to provide physical, occupational and speech/language therapy strategies. A horse's naturally dynamic movement assists our clients in achieving therapy goals. A physician's prescription is required.

## HOW CAN I VOLUNTEER?

**UPWARD TRANSITIONS** thoroughly trains our volunteers, no previous experience working with horses or working with individuals with special

needs is necessary. Our volunteers function as horse leaders, side walkers or communicators. They also assist in horse care, office work, special events and horse shows. In addition we offer service hours for students.

## HOW DO I DONATE?

**UPWARD TRANSITIONS** relies on gracious donations from our community. You can visit our website at [www.upward-transitions.org](http://www.upward-transitions.org) to make a donation. Because we are a non-profit 501(c)3 organization, Tax ID# 45-1956036, your charitable contributions are tax deductible to the extent of the law.

## OUR STAFF AND BOARD

Our staff and board members are a dedicated group of accomplished professionals from the equine therapy, corporate, medical and non-profit fields. Our instructors are internationally accredited Professional Association of Therapeutic Horsemanship International (PATH) instructors. [www.pathintl.org](http://www.pathintl.org).

### FOR MORE INFORMATION CONTACT

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### ESPERANZA FARMS

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[www.upward-transitions.org](http://www.upward-transitions.org)



[amazon](#)smile



I will grow  
*stronger,*  
because you  
are with me,  
and we are *one.*

**UPWARD TRANSITIONS**  
THERAPEUTIC HORSEMANSHIP



## WHO ARE WE?

**UPWARD TRANSITIONS** is a federally registered 501(c)3 non-profit and was created to enhance the lives of people with physical, emotional and intellectual challenges. Using horse related activities and therapies, our dedicated community of professionals and volunteers are committed to improving the lives of our riders.

Therapeutic horseback riding teaches riding skills that have proven to be beneficial to children and adults struggling with daily challenges. Upward Transitions provides a safe environment to bring horse and rider together, creating both physical and emotional benefits, in addition to forging bonds that lead to improvement in daily life.

## WHO DO WE SERVE?

**UPWARD TRANSITIONS** supports individuals with diverse challenges as well as wounded warriors or any veteran with a disability. We provide services for residents of Bandera, Bexar, Gillespie, Kendall, Kerr and Medina counties.



## WHAT ARE EQUINE ASSISTED ACTIVITIES & THERAPIES?

Therapeutic horseback riding emphasizes the development of riding skills. Certified therapeutic riding instructors are professionals working with educators and the medical community to develop appropriate lesson plans to enhance the physical, cognitive and emotional well-being of our riders.

## WHAT ARE THE BENEFITS?

Horses are non-judgmental and are naturally social animals. They provide a positive therapeutic environment that cannot be duplicated in a clinical setting. Every rider will benefit from their accepting and trusting interaction.

**PHYSICALLY:** The natural motion of a horse mimics the motion of a person walking by build-ing improved balance, posture and coordination, strength, muscle control and range of motion, respiration and circulation, appetite and digestion, sensory integration and endurance.

**COGNITIVELY:** Working with a horse improves visual memory, increases concentration levels and attention span, improves sequential patterning and the ability to follow directions, and develops spatial awareness.

**SOCIALLY/EMOTIONALLY:** Grooming and riding a horse develops self-confidence, emotional control and self-discipline; encouraging positive self-image with improved interest in the outside world. Social skills are increased naturally by interactions with volunteers and staff.

