

North Star Stables

BACK IN THE SADDLE PROGRAM

Have you always wanted to ride? Or would you like to start riding again?
Are you looking for a way to get some exercise, but don't want to go to a gym?
Answer "yes" and get ...



"BACK IN THE SADDLE"

This program offers adults a great opportunity to spend time with horses and other horse lovers, all while expanding your equine education and enjoying the outdoors! Need a little "pick-me-up"? Horses are proven to have a therapeutic effect on people, whether it is physical, mental or emotional.

In this program, you will learn valuable information on general horse care, tack usage and riding.

- 🐾 **General Horse Care:** Feeding management, pasture and hay, hoof care, horse body language.
- 🐾 **Tack:** parts of the saddle along with other riding equipment and cleaning and the care of tack.
- 🐾 **Riding:** Grooming, catch & leading, saddling, riding postures, gates, safety in the ring and on the trail.

Individual or Group sessions are available to schedule:

FRIDAY's 6:00pm – 9:00pm
Cost per session: \$20.00

Please contact Amy Remick @ 651-587-9555 or amy_remick@yahoo.com