



## MAJESTIC HILLS RANCH

was founded in 1997 and offers low-cost equine-assisted services for children & adults with special needs. In our Program, we serve riders from the ages of 4 and up living in all socio-economic levels in the Minneapolis / St. Paul metro area.

These riders may have diagnoses such as Cerebral Palsy, Autism, Down Syndrome, ADHD, ADD, cancer, paraplegia, developmental delay, or other physical and developmental challenges.

The Ranch provides a safe and respectful environment that encourages family members to become involved with the classes, to help strengthen the bond within the family unit, and also build fellowship with other riders.

## CONTACT US

952-426-5688

24580 Dakota Avenue  
Lakeville, MN 55044

KZieska@MajesticHillsRanch.com

MajesticHillsRanch.org

MHR is a  
  
**PATH**  
INTERNATIONAL  
Professional Association of Therapeutic  
Horsemanship International  
**Member**

Gold  
Transparency  
2022

Candid.



To provide children & adults with special needs the opportunity to achieve a sense of freedom, joy in accomplishment, and increased self-esteem while giving their families hope through the use of horses and adaptive horseback riding.





# HOW DO RIDERS BENEFIT FROM EQUINE-ASSISTED SERVICES [EAS]?



Equine-Assisted Services and therapeutic horseback riding have gained worldwide recognition as beneficial to body strength, as well as cognitive and spiritual health.

EAS is fundamentally different from other activities because it utilizes the three-dimensional movement of the horse to mirror movement in the human body. The rhythmic and rocking gait of the horse transfers gentle movement to the rider that relaxes muscles; improves muscle tone, flexibility, and balance; and enhances spatial awareness. It is effective because it connects the physical, mental, psychological, and spiritual elements of healing.

The relationship the riders develop with their horse and community volunteers helps overcome sensory issues, develops social skills, builds patience, self-esteem, and provides a positive outlook & a sense of belonging. The program engages the riders and volunteers through a variety of different games and activities that increase both gross and fine motor skills. The skill sets learned through various equine - assisted services give these riders a greater ability to cope with the day-to-day challenges they face.

The program horses are a variety of breeds, but are specifically chosen and specially trained. They must be patient, intelligent, hardworking, versatile, and confident. They are tolerant of noises and sudden movements, yet are responsive to the instructions of more advanced riders. They are the backbone of everything we do.



Classes at Majestic Hills Ranch begin in May with new forms from returning riders and a schedule that runs through early to mid November. After the holidays, we have a winter session that begins in mid-January which is weather dependent.

All forms can be downloaded from our website and then sent back to our office once completed.

We are usually in need of volunteers - while horse knowledge and experience is nice, it is not always necessary.

[MajesticHillsRanch.org](https://www.MajesticHillsRanch.org)

