

Hi Alex,

I am writing this letter with so much gratitude for Southlands. My son Niko, (18 yrs old) who is severely Autistic and non-verbal is all smiles as he arrives for his lessons. He loves riding and tries his best to follow directions and use his words to communicate with his therapist. This is actually the highlight of Niko's week as he is not able to participate in any other structured activities.

We have noticed at home that when Niko rides regularly he is much more content and able to regulate his behaviours and functions during the day. When he is not in lessons, he is not as happy, more easily aggravated and not able to control/regulate himself making it more difficult for himself and those around him. The benefits that Niko gets from Therapeutic Riding enrich his life tremendously and allow him to participate in something he loves so much . This is also evident in seeing his interactions with the horses - intuitive and gentle.

Thank you so much for giving Niko this opportunity to have Therapeutic Riding in his life and thank you in advance for any future lessons Niko may continue with.

Warm wishes,  
Elle Soursos  
(Niko's mom)