

## Client testimonials

---

“I have a rare disease and have found it difficult to find therapy and medical treatment. The STARS riding program has really helped me manage and improve my health by letting my muscles work to support my body. Penelope's guidance in directing my breathing and attention to the muscles and body is super helpful. I always feel stronger and healthier after each lesson and I look forward to them each week. The environment is supportive as well and I find being out in nature and being with the horses helps a lot too (as opposed to the Arthritis Center gym). Because I am unable to walk for long distances I appreciate being to do so on the horse without being in pain.

Thanks so much and I hope to be able to do these lessons for as long as possible to help me manage my invisible disability, for which support is not available for in the medical system in BC.”

Christine Davis

"Penelope has guided our 10 year old child (with ADHD, sensory processing differences, anxiety, hypermobility, and a rheumatological condition) from excited but fearful inattention to grounded confidence. Her attention to safety is comforting to parent and child. Our child's confidence has improved in every area of her life. The therapeutic riding experience helps her connect to other beings with empathy, attention, and gratitude. Feeling motion and weight helps sensory integration as our child is 'sensory-seeking' in vestibular and proprioceptive ways. Her sense of autonomy and accomplishment improve with every session. Penelope's knowledgeable and confident instruction puts her at ease - you would never know that this is the same child who won't ride an elevator and has had panic attacks. We are so grateful for Penelope, the STARS program, and the generosity of donors who have supported our child's neurodevelopment." - A grateful parent (Zoe)