



## Anna

Anna LOVES horses and stickers!! You can ask her to do just about anything as long as she gets to ride her horse and she gets stickers when she's done. Anna has a very good posture while she's riding her horse and needs very little adjustments throughout her lesson. Her side walkers are used to keeping her secure and play games with her while she is on horseback! When we say games, don't let that mislead you, it is actual therapy she is doing while having fun at the same time, and all the while, she is on her horse. She has to stretch in all directions to put rings over poles or beanbags into hula hoops. She loves to play catch with the balls that light up, especially while riding backwards on her horse. This all requires balance and coordination!

Last year, Kay received a text message from Anna's mom that brought her to tears. It was of her and Anna on a trail ride together while they were on vacation. Dad and brother had gone fishing, so mom and daughter had a chance to do something on their own, and they chose a horseback ride! Anna was being led on her very own horse by the Trail leader while mom was bringing up the rear on her own horse. Anna did not need any side walkers to enjoy the day out with her mom!! Her mom told Kay later how happy she was to be able to do an activity with Anna that she never thought she'd be able to do. She thanked everyone at Chakota because she felt if she didn't have the experience here, she would never have been able to feel comfortable enough to do the ride with her there.

It makes us feel so good to know that Chakota can be either life-changing or life-enhancing for our Riders, or possibly both.