



## Renee

Renee has arguably made some of the most drastic changes out of our Riders! On her first day at the farm, she wouldn't even get near a horse. Not even Misty... The next time, she got on Misty, but we could not move.

The next time, she allowed a few steps to be taken on Misty, but then we told her Misty needed a 'break' and asked her to sit on Friday. She agreed, but we couldn't move with him!

As her lessons progressed and weeks went by, we added music and took more steps, took away side walkers, increased dance moves, sang louder, used the sparkly ribbon spoon microphone "thingy", and started to let go and do some groovy dance moves (a.k.a stretching) without being terrified. Her Team got smaller, but Renee grew in confidence and core strength, just to name a few! The last week of the season, Renee even rode Friday BACKWARDS! She has come a long way with her self-confidence and strength. We are so proud of you, Renee!!