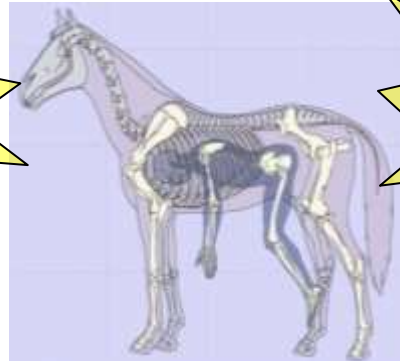




Visual – Sight
Auditory – Hearing
Gustatory – Taste
Tactile – Touch
Olfactory – Smell
Vestibular – Balance
Proprioceptive – Awareness of the position of one's body/body parts

We have 7 senses, not just 5



We have very similar structure



Horses help Warriors build trust

Sensory – Offering a sensory rich environment. Sensory stimulation has been shown to aid in the therapy process. The more senses the better!

Physical – Facilitates natural and functional movement. Strengthens muscle groups. Improves range of motion, balance and coordination.

Psychological – Gain leadership and collaboration skills (roles). Builds trust and confidence.



Horses mirror human emotions



Cognition can often be improved

Social/Emotional – Engage with horses and people. Learn to better recognize and modify feelings (emotional regulation).

Cognitive (Mental Processing) – Facilitates motor planning (praxis). Improves timing and sequencing of self and horse. Builds problem-solving skills.