

## A DISABILITY DOES NOT HAVE TO LIMIT A CHILD FROM RIDING A HORSE!

Welcome to **Destiny Unlimited**, professional instructor Lisa Mullen has over 40yrs experience in the horse industry combined with 25+ yrs working in hospitals/residential treatment/home health, giving her extensive experience with special needs people with a multitude of disabilities. She has been highly successful with strength and conditioning for individuals with a wide variety of issues- horseback riding provides numerous benefits that contribute to the positive development of physical/ cognitive/ emotional/ social well-being for children and adults.

Riding requires the entire body to move rhythmically with the horse building core muscle strength, flexibility, and balance. Increased independence, self-reliance, and confidence and social skills are a direct result of equitation.

Lessons are \$55hr and are always private. For \$20 Lisa also offers a 30 minute barn consultation to see if horseback riding will be a good fit for the client.

Visit the website at [www.destinyunlimited.net](http://www.destinyunlimited.net) or call Lisa at 660-656-3263 and leave a message, she will get back with you asap to answer any questions and set up an appointment.

Thank you, I look forward to talking with you,

Lisa Mullen, owner/instructor, Destiny Unlimited