



Hestóvin Hoofbeats



We believe in the power of the horse to teach, inspire, and heal.

From the Hjarta (heart)

February, Friends, and Fun

The arctic blasts we have experienced over the last few weeks have impacted the herd and the humans. The herd had some time off of the work they do and the humans had extra time to catch up on office and barn work...and to make a few TikTok's! We do not have lessons if Forest Hills Public Schools are closed, not because it is too cold for the herd and humans (we have a heated barn and arena) but as a safety precaution. Schools are closed usually for the bad road conditions. We encourage the suggestion to our riders and family to "stay home if you don't have to get out". We missed all our students and hope this month is more friendly to our programming!

Fun Fact: Icelandic horses are so well-adapted to cold that they prefer to live outside year-round. They possess a unique, incredibly thick double-layered winter coat and, to stay warm in sub-zero temperatures, they can actually make their hair stand on end (piloerection) to trap an insulating layer of air. This means that those hairs can accumulate frost!

Laura
XOXOX



Tatari utilizing his super power: piloerection



XOXOX Happy Valentine's Day! XOXOX

Valentine's Day is the perfect opportunity to celebrate the unconditional love and unwavering companionship of our "heart horses".

A horse appreciates the simple, heartfelt gestures of a long grooming session or just time spent quietly with a human. The barn acts as a judgment-free sanctuary, offering a peaceful space to connect through a gentle nuzzle, a warm breath on a cold day, or simply sharing a quiet, mutual admiration. Whether it is the quiet confidence they provide or their unique ability to mend a broken heart with a comforting head-rest on a shoulder, horses represent a pure, loyal bond that makes them one of the best Valentines of all.



It's always a good day to hug a horse!



Please Be Sure to register!

Please register for our events on our website: www.hestovinstables.org, under EVENTS. This holds a spot for you at the event. We strongly recommend this because space is limited and spots fill up quickly.

Upcoming Events

Volunteer Orientation

February 13; 3:30pm - 4:45pm

Volunteer Awards Ceremony

February 13; 5:00pm - 6:15pm

Horses in the Moment:

February 16; 5:30pm-7:15pm

Horse-in-tines Day Party

February 14; 10:30am - 11:30am

Horse-en-tines

