

# Hestóvin Hoofbeats

WE BELIEVE IN THE POWER OF THE HORSE TO TEACH, INSPIRE, AND HEAL.

## Gleðilegt nýtt ár! (Happy New Year!)



### What's New?

#### EAL and Mindfulness Training!

Hestóvin Stables hosted 8 participants for an Equine Assisted Learning Training during the week between the holidays! This is four days of intensive classroom work as well as horse activities before taking a test to become a certified

EAL instructor. We also offered an additional one day training on Mindfulness. We are beyond excited to be able to welcome and impact a wider group of people this coming year! We will be having a once-a-month mindfulness workshop this year and also hosting team building workshops centered around activities with the horses. When planning your 2024, please consider these new opportunities and activities at Hestóvin Stables for your book groups, girl/boy scout troops, Bible studies, and places of work.

New Year!

366 Days!

"Write it on your heart that every day is the best day in the year."

—Ralph Waldo Emerson

It's a leap year this year! Join us in making a year full of 366 best days! An attitude of gratitude makes great days. At Hestóvin Stables we look for the daily "small miracles along the way". In fact, we have an office journal (for staff) and an observation room journal (for friends, clients, volunteers) entitled *Small Miracle Along the Way* to record these things for which we are grateful. Please jot the things you are grateful for in the journal in the OR. We love to read your entries!

Save the Date!

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2nd TÖLT AND SOLD! AUCTION



September 5, 2024 September 5, 2024 September 5, 2024



Glowing in the Dark  
Winter Hike  
January 18

5:30pm - 7:00pm

Please register by calling  
(616) 228-4140



#### VOLUNTEER ORIENTATION

January 12, 3:30-4:30

February 9, 3:30-4:30

Please register by calling  
(616) 228-4140



LOOKING AHEAD TO  
FEBRUARY FUN

Horse-in-tines Party  
February 14, 3:30-5:00pm