



# Hestóvin Hoofbeats

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



## From the Hjarta (heart)

### March is Reading Month!

We are slipping in an off-season Read-to-a-Horse this month in celebration of Reading Month! Our seasonal Read-to-a-Horse will begin in May. We hope you will carve out a few minutes to spend time with a horse and a good book. There is no age limit for this! All ages love horses and books!

**Did you know?:** Horse lips are highly sensitive, prehensile (grasping) tools used for grazing, sorting food, and exploring their environment, acting similarly to human fingers.

**Books and Bridles:** We are half way through our first Books and Bridles' 8 week session of 2026 with the first graders from The Potter House! The first graders rotate through three stations at Hestóvin Stables on Monday afternoons: riding a horse, on-ground horsemanship skills with a horse, and reading to a horse. We are enjoying the exuberation they bring with them toward riding and reading! Research indicates that horseback riding boosts children's cognitive abilities, focus, and memory through sympathetic nervous system activation, which directly supports academic, specifically reading, success. Our heartfelt thanks to Lake Michigan Credit Union for their generosity in funding this reading initiative!

*Laura*

### There is a Time for Hellos and a Time for Goodbyes

Just as we are saying goodbye to our cold, snowy winter and hello to spring, this week we said our goodbye to Salka. Salka has been with us for five months and had joined the Hestóvin herd seamlessly. She loved the herd and they loved her! The next step was to see if she liked being a therapeutic riding lesson horse. It's important to the well-being of a horse to enjoy their "work". Any time a horse is doing something other than being outside with their herd grazing, napping, and playing they are working. Therapeutic riding is a hard workout for horses and involves a horse tremendously physically and mentally. Salka did not enjoy therapeutic riding lessons. Through her body language she told us she did not relish this type of horse work. This Tuesday we loved on her and thanked her for her time with us and said goodbye. It was bittersweet. We all fell in love with her. She is a beautiful, sweet horse and we will miss her. But knowing she is going back to her first herd (in this country) in DeWitt, MI and will be doing what she loves to do (trail riding) warms our hearts.



### Please Be Sure to Register!

Please register for our events on our website: [www.hestovinstables.org](http://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.

### RESCUED HEARTS MOVIE

Please join us for a special premier showing of this inspiring documentary! We have contracted with the producer and director of Rescued Hearts to offer a private showing to our Hestóvin Stables' friends and families! I had the opportunity to see this movie, part 1 and part 2 last October in Devner at the PATH Intl Conference. I highly recommend! It is a beautiful, moving, well done, and may I say magical film showing the horse human connection. Cost is \$15. Tickets are limited.

**Celebration Cinema North April 16, 2026**

**Doors Open at 6:00pm - Movie Starts at 6:30pm**

### Upcoming Events

#### Read-to-a-Horse

March 9; 4:00pm - 5:00pm

#### Volunteer Orientation

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

#### Horses in the Moment:

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

### SAVE THE DATE!

**HESTÓVIN STABLES SUMMER CARNIVAL**

**JULY 25, 2026**

**11:00am - 3:00pm**