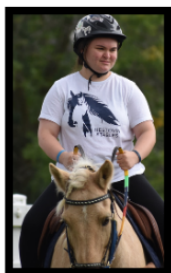


# Hestóvin Hoofbeats

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

## Rider Spotlight

Katarina Lundgren has been a riding student with us since the fall of 2023. She tell us her "favorite part of lessons is turning the horse with the reins." Katarina has progressed to working on her sitting trot!



## FROM THE HJARTA (HEART)



The colors are just starting to change in the woods wrapping around Hestóvin Stables and the horses have already started growing their winter coats. Soon the leaves will fall off the trees, there will be a chill in the air, and the Icelandic horses will have their shaggy coats on!

Chloe, Emily, and I traveled to Shelbyville, Kentucky to attend a clinic at the largest Icelandic horse farm in North America. Lettleiki Horse Farm was welcoming and a wealth of information! Lettleiki means "lightness" and "agility" and describes the harmonious and effortless interaction between horse and rider as well as the form of using a light cues in training Icelandic horses.

Chloe, Aubrey, and I also visited another Icelandic horse farm a little closer to home. Icelandic horses come in all the colors that horses can be and at Chippawa Acres Farm in Dewitt, MI I saw for the first time an all white horse with one small splash of black and sky blue eyes!

And this month we open our barn doors to the second grade students of Gerald Dawkins Elementary School. It is part of our Books and Bridles reading program made possible with a grant from our neighbors at Lake Michigan Credit Union. It pairs riding with reading. Research shows that being on a horse for 25 minutes prepares the brain for learning.

*Laura*



**Thank you to all those who came to our Give with Heart Luncheon! It was a fun, successful event!**

**Save The Date**

**Furry Friends-giving: November 22 - 10:30 - 12:00**

## Upcoming Events - October

### Student Horse Show: October 11; 10:30am - 11:45am

Friends and family are invited to our fall horse show! Come see what our students are learning and meet their favorite horse!

### Horses in the Moment: October 20; 5:30pm-7:15pm

These evenings are centered around activities with the horses at liberty and will focus on learning about what we can learn about living in the present from the mindfulness experts themselves, the horses! Mindfulness techniques can help us to live in the present and capture moments of joy daily.

### Volunteer Orientation - October 10, 3:30 - 4:30

Come tour the barn, meet the horses, and find out about Hestóvin Stables volunteer opportunities!

### Horse-n-Treats: October 25; 10:30 - 12:00

The horses are expecting you! Trick or Treat with the horses! They will be dressed up in their costumes!

## Please 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.

## OCTOBER PHOTO FINISH PICTURES

