

# Hestóvin Hoofbeats

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

## Riding Spotlight: Grant Iwema

When asked, “What is your favorite part of coming to Hestóvin Stables”, Grant tells us,

“I like doing the tack and getting to know the horses better. I like knowing how to take care of the horses and interacting with them. I like trying new strategies and new tools for tacking. I enjoy riding and knowing how to lead the horse and understanding how my movement contributes to the horse. And having FUN!!!!!!!!!!



## What’s New?

### Equine Assisted Learning (EAL)

These workshops are 3 hours of team building activities with the horses using experiential learning techniques . You will have fun and learn and understand more about yourself (personal growth) and how your group interacts with each other (team growth).

### Mindfulness Workshop

These workshops are 1 ½ - 2 hours long filled with activities with the horses at liberty. You will learn how mindfulness techniques can help us live in the present and mature moments of joy daily.

Please email or call us to find out more about these workshops or to schedule. (616) 228-4140.



### HORSE-ENTINES VALENTINE’S DAY PARTY

February 14, 3:30-5:00pm  
Cost: \$30



### VOLUNTEER ORIENTATION

February 9, 3:30-4:30pm  
March 8, 3:30-4:30pm



### MINDFULNESS WORKSHOP

February 15, 5:30-7:00pm  
Cost: \$75  
Ages 17 and older,  
Maximum 10 spots available

Save the Date!

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2nd TÖLT AND SOLD! AUCTION



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