



THE COWICHAN THERAPEUTIC RIDING ASSOCIATION

# Newsflash

~ BREAKING CTRA NEWS ~

## **Jodine Carruthers Calm and Confident Classroom Series Returns to CTRA**

*Are you tired of riding through fear?*

*Or frustrated that you're not riding because of it?*

*Or maybe you're struggling with show ring nerves?*

Join Jodine Carruthers for her Calm and Confident Classroom Series this Spring at the CTRA facility. This four-part series runs 6:30 - 8:30pm on May 28th, June 4, June 11, & June 18 (All Wednesdays). Partial proceeds benefit CTRA. Cost is \$195 + GST for the entire series, pre-registration is required.

For more information:

<http://harmonioushorsemanship.com/blog/myth-busting-fear/>

To register:

Contact Jodine @ (250) 618-9322 or [jodine@harmonioushorsemanship.com](mailto:jodine@harmonioushorsemanship.com)

## **The Calm & Confident Series: Are you tired of riding through fear?**



**Jodine Carruthers, Equine Behaviour Specialist** and author of *If Your Horse Could Talk*, delivers a classroom series guaranteed to help you gain confidence in your riding, training and relationship with horses. If you're tired of riding through fear, frustrated your not riding because of it, or simply ready to quiet those show ring nerves, let Jodine and her guest speakers help you rediscover the magic that drew you to horses in the first place.

Join a group of like minded horse lovers to learn straightforward methods of becoming "Calm & Confident" in the saddle as well as on the ground. In this workshop series you will discover:

- **Simple exercises and techniques to help you connect with, and calm, your mind and body.**
- **How to listen to your fear and hear the message it has for you.**
- **How to move through fear positively, while keeping yourself safe.**
- **And so much more!**

Guest speakers include Gina Allan of Equifit Service and Dr. Tonia Winchester, a naturopathic physician at North Nanaimo Medical Clinic.

Cowichan Therapeutic Riding Association Classroom, 1843 Tzouhalem Road, Duncan

Cost of the series is \$195+GST. Portion of the proceeds will be donated to Cowichan Therapeutic Riding Association.

Registration is required.

(250) 618-9322 or [jodine@harmonioushorsemanship.com](mailto:jodine@harmonioushorsemanship.com)  
[www.HarmoniousHorsemanship.com](http://www.HarmoniousHorsemanship.com)

**Harmonious Horsemanship**  
*helping horses helping humans*



## **The Ride-a-Thon is Just around the Corner!**

CTRA's annual Ride-a-Thon event is just around the corner! This annual fun-raising and fund-raising event is incredibly important to our program and is a great way to get involved and show your support.

Sponsorships are available at the following levels:

Ride-a-Thon Sponsor - \$500

T-Shirt Sponsor - \$200

We are also seeking prizes suitable for our ride-a-thon participants (riders collect pledges and earn prizes).

Of course, you can also help out an individual rider by contributing to their pledges (which can now be done online through our Canadahelps page here:

<https://www.canadahelps.org/dn/966>)

## YOU'RE INVITED! YES YOU!

Don't forget that everyone is invited to join us for our annual **Celebration Picnic Sunday June 22nd**. This fun filled event wraps up our ride-a-thon and celebrates another year of success with games, fun, and ride-a-thon prizes - all fuelled by a potluck feast and chili cook off!

RSVP's are appreciated - please contact us at [info@ctra.ca](mailto:info@ctra.ca) or 250-746-1028 and let us know if we can look forward to seeing you there!

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## Summer Camp Registration Begins June 1!

CTRA is thrilled to announce that we will once again be hosting horse camps this summer for children of all abilities.

Children aged 7 – 16 are invited to join us for a fun-filled week of riding instruction, stable management, hands-on-horse care, and fun extras like crafts and activities. A fun day will wrap up each week and is each child's time to demonstrate the skills and confidence they have gained during the camp. Instruction is provided by nationally certified instructors using our safe, well-trained therapy horses.



Summer horse camps at CTRA are a fantastic way to introduce your child to the world of horses, or develop their existing skills and knowledge. Children of all abilities come together during our camps to build friendships, share a love for horses, and of course – have a world of fun.

Dates:

Camp I: August 18 – 22 (9am – 1pm)

Camp II: August 25 – 29 (9am – 1pm)

Cost: \$250

Our camps are very popular and fill up extremely quickly. Registration begins June 1, 2014. Book early to avoid disappointment. Contact our office at [info@ctra.ca](mailto:info@ctra.ca) or 250-746-1028 on how to involve your child in these exciting camps this summer.

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## Pennies for Ponies!

CTRA would like to say a heartfelt thank you to Rachel Eldred of Just Sew Custom Embroidery for her mother's day fundraising efforts.

Rachel has been a long-time supporter of CTRA and showed her generosity once again last Sunday when she offered carriage rides by donation at Alderlea Farm and Cafe's Mother's Day Brunch with the proceeds benefiting CTRA.

The patrons of the rides (mostly children aged 2 - 7) deemed the experience "bestest," "awesomest," and "funnest." We agree that Rachel is indeed, one of the *bestest*.

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## THE COWICHAN THERAPEUTIC RIDING ASSOCIATION

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happy to provide informational tours to groups and individuals. **Call us today to book a tour or presentation.** We are also very

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