

Our mission is to offer a holistic educational environment in which people and animals can safely interact, and through their mutual therapeutic experiences broaden their lives.

Founding Director:

Christine Sierau

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**Dear Riders, Friends,
Family and Neighbors of
Blue Rider Stables:**

As 2024 ends, the staff, Board, volunteers, and equines thank you for your ongoing friendship and generous support.



"I started riding at Blue Rider when I was eight years old. 23 years later, I'm a lawyer living in England, but I still come back several times each year to spend a few weeks at the barn, because there's nowhere else like it. Learning to ride, we were taught to have conversations with the horses, not just to tell them what to do. The lessons I learned there carried over into the rest of my life. For the last few years, I've suffered from chronic migraines and fatigue, and the one thing that has really helped has been riding at the Barn – and it's great fun as well! - S.T. :



This is what our work is about - healing through being here, one individual at a time. Many of our clients have been with us for years, some as many as 32. We are proud and honored to serve our clients as long as they need us.

Our horses are the heroes of this work and we are committed to treating them ethically and honoring their individual needs.

We continue having numerous cancellations due to the recurrence of Covid, but despite that we are strong, restarting and recommitting to more programs for our clients and for our community - adult workshops, school visits with horses and donkeys, and fun interactive events at the barn, along with our full schedule of therapy and lessons. This all takes time, staff and money, but it is worth every moment and every penny.

The miracle of Blue Rider is in our unique approach to our students and to the equines that serve them. Our horse-centric philosophy entails a holistic approach to health, including careful nutrition, movement and grazing (i.e. no stalls), chiropractic, body work and riding and working for horse health. We strive to honor the horses as individuals and as a species. For our students, we teach each one how to use body, energy, intention to communicate desires to their horse, how to ride through conversation and feel, rather than force. This all requires significant resources, not just with individualized instruction (1 or 2 instructors per student depending on their needs), but also thorough and individualized care given to each equine. In 2024, cost of feed, supplements, shoeing and veterinary care exceed \$80,000, and barn and field maintenance costs \$40,000. In addition, Blue Rider staff spends over 130 hours per week caring for our 15 equines. Daily hands-on, eyes-on care for each equine is labor intensive and expensive, but critical to ensure a happy and healthy herd.

We invite you to **make a donation today**. A gift, no matter how big or small, is essential to keeping our equines and riders safe and fulfilled, training and maintaining excellent staff, and expanding our current operations.



Hannah's two riding lessons every week are the exclamation points of joy in her life. Moving as one with a horse gives her a sense of "ability" that is unavailable to her daily life where she is limited to using a walker or a wheelchair. From a therapeutic perspective, Christine's direct supervision of her movement both on and off the horse heightens her awareness of how moving her body with precise intention creates clear communication with her horse and improves her own mobility and safety in daily life.


- Maryphena P., Hannah's mother

and working with us. We are only here because of you, our donors. Without you, our work could not continue. Our accomplishments are a testimony of trust from our community. If you have not been to visit Blue Rider recently, please come by and experience it for yourself.

To learn more about Blue Rider Stables ongoing work, visit our [website](#), or contact us directly to arrange a visit.

The Board, the staff, and the herd all thank you in advance for your support and continued interest in Blue Rider Stables.



Sincerely,

Christine Sierau
Founding Director


Donald Chester
Chairman of the Board