

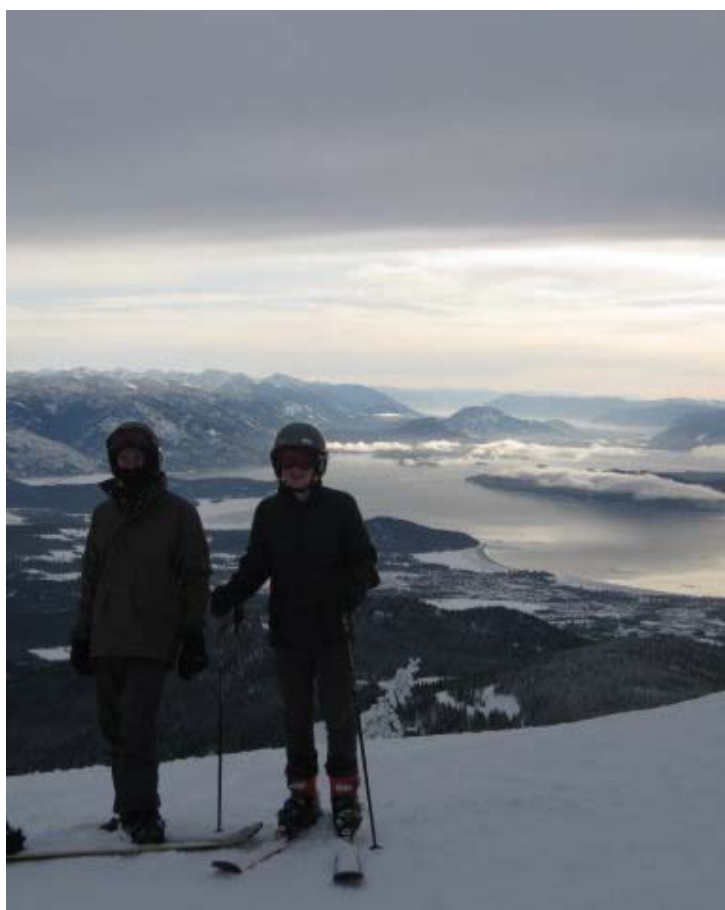
What have we been up to...

Eagala Therapy!

During a recent parent conference, one of our Clinicians and our Equestrian Manager used Eagala Therapy during several family therapy sessions. Each family was assigned a horse and given the task of collecting as many rubber balls as possible and returning them to a hula hoop, all while leading their assigned horse. Family members observed each other as they completed this task and were asked to note how the dynamic changed as two more horses were added to the arena. Each family member was then given time to process their experience. The sessions provided helpful insights into each family as they came together and recounted their experience.



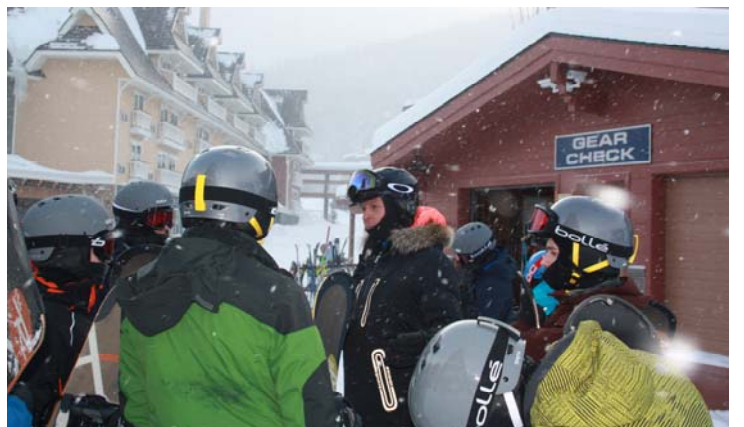
"I didn't know what to expect when we learned about the Eagala program. My son was new to horses and it had been a long time since I was around them. The way we worked with our assigned therapist, the horses and each other was really comfortable and offered a nice way to learn about ourselves and each other while moving around. It was interesting to see how the metaphors reflected the life situations we were facing. The discussions of what we experienced lasted throughout the weekend. I would absolutely want to do this again."



Weekly Ski Trips!

Every Sunday Monarch School students go up to our local ski mountain to enjoy a day of skiing and snowboarding.

Oftentimes, Patrick and Michelle join the group for a day of skiing followed by lunch at a local restaurant on the mountain.



Yellowstone National Park!

Recently a group of students and staff from Monarch School went on our yearly exploration of Yellowstone National Park. The group cross-country skied throughout the national park, learning about and then observing the geothermal features and historic sights. The group also encountered bison and elk along the rivers.

This trip has a special appeal to physically active students who are interested in science, history, and politics.

