

On the Wings of a Pegasus - Q&A with Judy Lee Jenkins about the Pegasus Riding School x Side By Side Collaboration

Interviewed by Beatriz Behrens, Community Counseling North Bay & TBS Marin Program Manager



Side By Side (SBS): What is Pegasus Riding School?

Judy Jenkins (JLJ): Pegasus Riding School is a community-based organization (CBO) that believes in the healing magic of horses. We offer private lessons to the public and the same services, free of charge, to at-risk youth in our community.

SBS: How are we involved with the School?

JLJ: Side By Side offers referrals to Pegasus to connect with the local community.

SBS: Why are horses good teachers?

JLJ: Horses have distinct personalities. At Pegasus, we carefully evaluate our horses and train the best of them to work with young people. Believe it or not, horses show compassion to others through their body language. Our horses are prized for their calm, strong, and steady demeanor. Our horses help create a sense of well-being in youth.

There are many benefits of horseback riding:

- Engenders empowerment
- Builds self-esteem
- Improves communication skills
- Teaches respect and empathy
- Enhances inner strength
- Improves balance and coordination
- Connects us to the natural world
- Fosters deeper compassion
- Encourages assertiveness
- Develops leadership and responsibility

SBS: What kind of impact has riding made on SBS's clients "out of the gates?"

JLJ: We feel clients benefit from the structured activity and relationship with horses due to the therapeutic work and skills clients receive. They enjoyed being outdoors and forming a relationship with the animals.

SBS: How do you see this partnership evolving?

JLJ: We hope to keep building a solid working relationship with Side By Side!

Thank you to Judy Lee Jenkins, owner of the Pegasus Riding School, who has donated her time to our clients.

To contact Pegasus Riding School, please call the owner, Judy Lee Jenkins, at 707.953.5163. You may also visit their website at pegasusridingschool.org

Pegasus Riding School
603 Hunter Lane
Santa Rosa, CA 95404

To learn more about Side By Side's involvement, contact Katie Rice Jones at krice-jones@sidebysideyouth.org