

Meet Crystal!

With over 30 years of equine and animal experience and connection, Crystal Young facilitates and encourages individuals to enhance healing and wellbeing at Reclamation-Ranch in Mitchell, SD. "Growing up I was always sneaking animals in the house. And now as an adult, I tend to spend more time with horses and other animals and prefer to live in the barn." **"There is something about the outside of a horse that is good for the inside of a man"** -*Winston Churchill* states it perfectly. As the Executive Director of Helping with Horsepower, a non-profit committed to inspiring, challenging and connecting, Crystal shares her equine education and passion for horses with individuals with special needs, military men and women, and at-risk youth in the Mitchell and surrounding areas. "In 2013, I realized I wanted to make some changes and give my life a purpose by making a difference in the lives of others, both human and animal. If change is to be, it is up to me! I have found my calling, purpose and passion! As Executive Director and SpiritHorse Therapeutic Riding Instructor for Helping with Horsepower & Equine Gestalt Life Coach ® I have come to know horses as the most non-judgmental teachers I have ever met. I have seen and felt them heal in ways a person would have never imagined. We, as humans, are truly blessed to be allowed to share time and experiences with horses." Having raised, trained, shown and competed in nearly every equine related activity since she was able to walk, Crystal knew there was something more to horses than just riding. She set out to partner with horses with a mission to make a positive impact and difference in the lives of others. "People want to be seen, heard, and felt and horses are no different. They live in a hierarchy just like humans, they feel, eat and breathe just like humans. They are constantly on alert looking for threats and aware of what is around them. We as humans are not "above" a horse and when a horse allows you to halter, saddle and ride it is because they accept and trust you as one of their own."