# The perfect day for Cream

Rustenburg – Hunter's Rest Hotel was the place to be on the very hot Saturday 2 March for the 2019 Ice Cream Festival hosted by In Touch Therapy Equine.

Everyone found refuge from the heat with a wide variety of ice cream to choose from. From the classic scoop ice cream to sorbets, vegan, dairy free, nut free, egg free and gluten free ice cream were

The day started with a 5km fun run/walk. Children had the chance to work off their ice cream sugar rush on the jumping castle, the velcro wall bungi run and horseback rides. Katelynn-Lee Theron was crowned as Miss in Touch Therapy.

Mari Minnaar entertained the crowds while they shopped to their hearts' content at the variety of stalls. Flavour infused Rhino Beetle Gin and massages from Sabai Jai spa were the perfect compliment to keep the adults happy.

This event served as a fundraiser for In Touch Therapy. In Touch provides a unique form of horse riding therapy to people of various ages and needs. This therapy improves muscle tone, breathing and posture as well as balance, coordination, motor functions and self-confidence. It also aids people with autism, dyslexia, differently abled and people with physical disabilities.

Anyone struggling with trauma, physical and emotional challenges who just wants to relax will benefit from this form of therapeutic horse riding. Riders' ages range from a mere 18 months old to sixty-seven.

For more information contact Karen Spies on 084 422 2377 or karenspies@telkomsa.net.











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