

Milestones Resilience Care

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Llama Assisted Therapy

Llama therapy is a unique, animal-assisted therapy that uses llamas to help individuals improve emotional and psychological well-being. Llamas are gentle, intelligent animals known for their calm demeanor, making them ideal companions in therapeutic settings. Llama therapy can help with anxiety, depression, trauma, and other mental health challenges by providing comfort, promoting relaxation, and encouraging social interaction.



Terry Rajendran, Founder of Luxy Llama

Terry Rajendran is the founder of Luxy Llama, a wellness initiative dedicated to supporting individuals who have experienced trauma. Through the healing power of llama-assisted therapy, Terry helps people become more resilient. Drawing on the natural calm and gentle presence of llamas, Terry creates safe, supportive environments where people can relax, reconnect, and begin to heal.

With a master's degree in health services management and a background in healthcare entrepreneurship, Terry brings both compassion and innovation to her work. She has been a long-time advisor to Milestones Resilience Care, contributing her insight to programs focused on emotional recovery and resilience.

Terry is known for her bold vision and unwavering commitment to making meaningful change. Through Luxy Llama, she is redefining how we approach emotional healing - one gentle, furry companion at a time.

To learn more about Llama Assisted Therapy, better understand how it can play a role in your healing journey, or to schedule an appointment, you can contact Milestones Resilience Care at 719-255-6453.