

Mindfulness with Horses Program

For “Mindful Leaders” (Ages 9-12)



Benefits of Mindfulness Training and Equine Facilitated Learning

- Increased focus and concentration
- Decreased Anxiety and Stress
- Improved self regulation skills, confidence and self worth
- Attuned communication skills and cooperation
- Enhanced problem solving strategies and teamwork
- Enriched social relationships

Where: Circle R Ranch
3017 Carriage Road Delaware, Ontario

When: 4 Saturdays per session

Session #1 April 23rd-May 14th

Session #2 May 28th-June 18th

Time: 12:00-1:30 pm

Register: www.circlerranch.ca

Cost: \$380.00 plus HST per session



Facilitated by: Sherry-Lynne Kirschner B.A., B.Ed.
RYT, Mindfulness Educator (www.mindfulme.ca)
Joan Russell Equine Specialist, Director Circle R
Ranch (www.circlerranch.ca)

