

Mindfulness with Horses Program

For “Mindful Leaders” (Ages 10-13)



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 22nd-May 13th, 2023

Session #2 May 27th-June 17th, 2023

Time: 1:00-2:00 pm

Register: www.circlerranch.ca

Cost: \$\$250.00 plus HST per session

For Details: Check out www.circlerranch.ca and www.mindfulme.ca



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

