

Mindfulness with Animals Program

For “Mindful Partners” (Ages 4-8)



Benefits of Animal Facilitated Mindfulness

Increased:

- Focus and concentration
- Impulse control
- Ability to identify and shift negative emotions
- Empathy and friendships
- Feelings of calm

For Details check out:
www.circlerranch.ca

Where: Circle R Ranch 3017 Carriage Road
Delaware, Ontario

When: Saturdays (4 sessions to each program)

Session #1 - April 23-May 14th

Session #2 - May 28th-June 18th

Time: 10:00-11:00 am

Register: www.circlerranch.ca

Cost: \$245.00 plus HST



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)

