

# Mindfulness with Animals Program

## For “Mindful Pals” (Ages 4-6)



### Benefits of Animal Facilitated Mindfulness

#### Increased:

- Focus and concentration
- Impulse control
- Kindness
- Feelings of calm
- Awareness

For Details check out:  
[www.circlerranch.ca](http://www.circlerranch.ca) or  
[www.mindfulme.ca](http://www.mindfulme.ca)

**Where:** Circle R Ranch

3017 Carriage Road Delaware, Ontario

**When:** 4 Saturdays per session

Session #1 – April 22<sup>nd</sup>-May 13<sup>th</sup>, 2023

Session #2 – May 27<sup>th</sup>-June 17<sup>th</sup>, 2023

**Time:** 9:30—10:30 am

**Register:** [www.circlerranch.ca](http://www.circlerranch.ca)

**Cost:** \$250.00 plus HST per session



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([www.mindfulme.ca](http://www.mindfulme.ca))

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Circle R Ranch ([www.circlerranch.ca](http://www.circlerranch.ca))

