

Mindfulness with Horses Program

For “Mindful Mentors” (Ages 13-19)



Benefits of Equine Facilitated Mindfulness Training

- 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

“There is something about the gentle wisdom in a horse’s eye that can put even the most troubled soul at peace”

Author unknown

Where: Circle R Ranch

3017 Carriage Road Delaware, Ontario

When: 4 Saturdays per session

Session #1 April 23rd-May 14th,

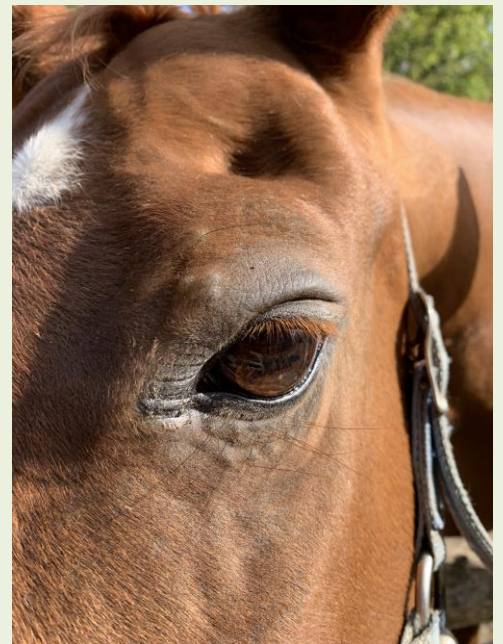
Session #2 May 28th-June 18th

Time: 2:00-4:00 pm

Register: www.circlerranch.ca

Cost: \$490.00 plus HST per session

For details: Check out www.circlerranch.ca



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

