Join us for a "Horse Hang-out"

Teen Equine Assisted Mindfulness Session (Mindful Mentors)

Benefits:

- Decrease anxiety and stress
- Improve confidence and self-worth
- Enrich social relationships

Where: Circle R Ranch
3017 Carriage Road Delaware, Ontario
When: Friday Oct. 14th
Time: 6:00-8:00pm
Register: www.circlerranch.ca
Cost: $125.00
For details: Check out www.circlerranch.ca
www.mindfulme.ca

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

circle R ranch

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)

Mindful Me