

Mindfulness Programs at Circle R Ranch

Mindfulness means paying attention in the present moment. It is becoming aware of what is going on inside and outside of us so that we can make conscious healthy decisions in our daily lives.



Mindfulness Training includes:

- Breath awareness
- Mindful movement
- Sensory activities
- Relaxation exercises
- Brain basics
- Nature /animal/art activities
- Mindful journaling

The Benefits of Mindfulness Training:

- Increased self awareness, self trust and self acceptance
- Decreased anxiety and stress
- Improved concentration and focus
- Increased ability to self regulate emotions in the face of difficulties
- Increased acceptance of change
- More effective problem solving strategies
- Attuned communication with others

Often we ask and expect our children and teenagers to pay attention and resolve their inner conflicts but what do we actually do **to teach them these vital skills?** They are bombarded by stimuli in their environment in the form of television, social media, and video games. School expectations and peer relationships can cause further stress. It can be very challenging for children to filter and focus, find stillness and centre themselves. Mindfulness training teaches clear strategies for reducing stress and anxiety and promotes greater peace in family relationships.

Check out our Mindfulness Programs to help you, your family and your child become more aware, resilient and happy!

To register or for more information call Circle R Ranch at 519-471-3799 or email info@circrerranch.ca.

Upcoming Workshops

Facilitated by Sherry-Lynne Kirschner B.A. B.Ed. R.Y.T.

For Families

Cost: \$25.00/person or
\$75.00 for family of 3+

Fostering Mindful Family Relationships during COVID

Date: Sun. Oct. 25th
Time: 1:00-3:00

Enjoy an afternoon developing emotional regulation skills in a fun and enriching way! Learn easy and effective breathing techniques, mindful movement and gratitude exercises together as a family.

Yoga Adventure for Families

Date: Sun. Nov. 1st
Time: 1:00-3:00

Come and follow our unique "Circle R Yoga Path" to build balance, coordination, focus and awareness. Practicing yoga in the outdoors builds neural connections in the brain that enhance and enrich vital emotional regulations skills.

The Nifty Neuroscience of Mindfulness for Families

Date: Sun. Nov. 8th
Time: 1:00-3:00

*Kids love learning about how their brain works. Come and learn about neurons, build a brain and practice some mindful moves to wake up, balance and relax the body. *Art materials are included**

For Children Ages 5-12

Cost: \$25.00/person

Mindful Buddies

Date: Wed. Oct. 28th
Time: 10:00-12:00 or 1:30-3:30

Practicing mindfulness with farm animals is not only fun but can have great benefits for the body and the brain. Hone concentration and empathy skills through mindfully interacting with our chickens, goats, pig and horses.

Super Senses

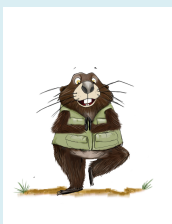
Date: Fri. Oct. 30th
Time: 10:00- 12:00 or 1:30-3:30

All sensory activities bring the mind to the present moment. Join us for a nature walk, outdoor games and an art activity that focus on using the senses to develop mindfulness skills to help regulate anger and other challenging emotions.

Mindful Stewards of the Earth

Date: Wed. Nov. 4th
Time: 10:00- 12:00 or 1:30-3:30

Learn mindfulness skills with Marvin the marmot and his mates who are all endangered species. Play outdoor games and do a craft to celebrate our connection to these precious creatures.



Gratitude Attitude

Date: Fri. Nov. 6th
Time: 10:00- 12:00 or 1:30-3:30

Culturing feelings of thankfulness not only affect the way we feel but also how we interact with others. Build your mindful tool box to help deal with challenging emotions through an art activity and walk with our farm animals and horses.