



# SPRING ADULT WELLNESS RETREAT

at Circle R Ranch

SUN. JUNE 1ST, 2025

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

## Heal with Horses

Deepen your awareness and presence  
with the support of the herd

## Create Connections

Share memorable interactions with like minded  
individuals through yoga, journaling and mindfulness  
practices

## Cultivate Peace

Centre and ground your energy through  
unique animal facilitated experiences



Time: 10:00-4:00 Cost: \$250.00 +HST  
includes lunch, snacks and all materials

Facilitated by: Sherry-Lynne Kirschner  
[www.mindfulme.ca](http://www.mindfulme.ca)  
Joan Russell  
[www.circlerranch.ca](http://www.circlerranch.ca)

*Give Yourself the gift of this rare experience!*