



SPRING WELLNESS RETREAT

at Circle R Ranch

SUN. JUNE 1ST, 2025

Register: 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



Cost: \$250.00 +HST

includes lunch, snacks and all materials

Facilitated by: Sherry-Lynne Kirschner

www.mindfulme.ca

Joan Russell

www.circlerranch.ca

Give Yourself the gift of this rare experience!