

Mindfulness with Animals

Spring Sessions

Circle R Ranch, Delaware, Ont.

Register: www.cyclerranch.ca

Facilitated by: Sherry-Lynne Kirschner & Joan Russell

2 hour workshops

May 3-Mindful Pals (Ages 4-6) 10:00-12:00pm

Mindful Partners (Ages 7-9) 1:00-3:00pm

May 17-Mindful Leaders (Ages 10-13) 10:00-12:00

Mindful Mentors (Teens) 1:00-3:00

Cost: \$100.00 +HST

4-1 hour workshops

May 31, June 7, June 14, June 21

Mindful Pals (Ages 4-6) 10:00-11:00

Mindful Partners (Ages 7-9) 12:00-1:00

Mindful Leaders (Ages 10-13) 2:00-3:00

Cost: \$200.00 +HST



Benefits of mindfulness training:

- Decreases anxiety and stress
- Increases focus and concentration
- Develops effective emotional regulation skills
- Enhances overall well-being
- Increases quality sleep

Check out other mindfulness trainings

at www.mindfulme.ca

