



BREATHE, GROUND & CONNECT:

A MINDFULNESS EXPERIENCE WITH HORSES & NATURE

August 15, September 19, October 17

9:00-11:00 AM | Rock Ranch, 355 40th Ave Hills, MN 56138

Reconnect with yourself in the stillness of the herd and the serenity of nature.

Join us on a journey that blends mindful presence, gentle movement, and moments of both spiritual reflection and grounded awareness - all in the calming presence of horses and open skies.

What to Expect:

Ground-based mindfulness with horses (no riding)
Optional reflective/spiritual prompts and journaling
Quiet observation and personal time with the herd

This event welcomes adults of all belief systems and backgrounds. Whether you are seeking inner peace, a deeper connection with Christ, or just a mindful break in nature - you'll find space here. This is open to all levels of experience with mindfulness and horses.

Sponsored by Avera Hearts and Healing Foundation

\$25

2 hour session

Payment due the day of the event.

Contact us at 605-940-2243 to register.

- *Must register at least one week prior to the event.
- *All participants will need to sign a waiver before participating.
- *Limited to 5 people.
- *Sessions will be cancelled in inclement weather.



ROCK RANCH
Est. 2016