



MINDFULNESS WITH HORSES

Join Brenda Ling, MSW, CSW-PIP, LCSW, for Equine Assisted Mindfulness classes incorporating the calming, therapeutic presence of horses.

Through guided exercises and non-riding interactions, participants will develop basic mindfulness skills to help regulate emotions, increase self-awareness, and find grounding and peace throughout the winter season. This unique experience offers space to slow down, reconnect, and restore balance while being in a heated indoor arena.

Contact Rock Ranch for dates & availability:

605-940-2243

riderockranch@gmail.com

Sponsored by Avera Hearts and Healing Foundation

\$20
per session

Register at riderockranch.org/events

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



ROCK RANCH
Est. 2016

Rock Ranch 355 40th Ave Hills, MN 56138