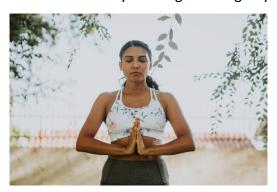
Summer Wellness Series

Friday evenings starting July 12th for kids and adults with family discounts.



Yoga and Healing Gong Meditation - This workshop will use practices of breathing, mantras, stretches and poses to unwind, relax, and tune from within. Experience a healing frequency while in the presence of horses.

Adults - July 12th / Kids - August 2nd



Mini-Horse Camp - If you have always wanted a horse, or if you currently don't have horses in your life but wish you did, this workshop is for you. Get handson experience with horses while learning about these wonderful animals. No riding will be involved in this workshop.

Adults - July 19th / Kids - July 26th



<u>Mindfulness with Horses</u> - Horses live in the moment.

Humans struggle to. Join us as we learn how to use mindfulness in our everyday lives through the power of interacting with horses.

Adults - July 26th / Kids - July 19th



Horse Sand Mandala - In their truest tradition, sand mandalas are meditatively formed and then destroyed. Participate in the creation of a healing mandala, and then observe as the horses wipe the creation away, reminding us that nothing is permanent.

Adults - August 2nd / Kids - July 12th

Wellness Workshops are Fridays from 5:00 - 7:00 PM

Adults meet at PBJ Dressage - 9800 Jug St NW, Pataskala, OH 43062. Kids meet at our neighboring farm - 3231 Burnside Rd, Johnstown, OH 43031.

Each Workshop is \$35. Save \$10 when you register for 2 and \$20 when you register for 4 or as a family.

Register at (740) 924-7543 or Info@PBJConnections.org