

# 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 hands-on experience with horses while learning about these wonderful animals. No riding will be involved in this workshop.

Adults - July 19th / Kids - July 26th



**Mindfulness with Horses** - 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](mailto:Info@PBJConnections.org)