

Hidden Acres – “Respite Ranch”

A Rejuvenation Session

Relax and unwind with horses...

Spring 2018 dates to be announced
Each session: Sundays 2-5pm

Life can be busy and sometimes stressful. Treat yourself to some horse “therapy.”

Horses are sensitive and intuitive by nature and we are naturally drawn to their quiet strength. Just being around them can have a calming effect.

Give yourself the time to pause and unwind at the farm as Hidden Acres staff leads you through a series of ground activities with the horses, which are designed to help you relax and practice mindfulness. Reconnect with your authentic self and the environment!

The focus of this session is relaxation and self care. A great opportunity for parents, caregivers and those involved in helping others.



Join us at Hidden Acres Farm, 45 Gabriel Dr., Naugatuck, CT 06770

Experience with horses is not required. Workshop attendees will take part in hands-on ground exercises (not riding) guided by Certified Instructors and Equine Specialists. To register, complete bottom portion & return with payment. Space is limited. Session cost: \$75 per person. Some scholarships may be available. Questions? Email hiddenacres2@gmail.com.

COMPLETE AND RETURN BOTTOM PORTION

Please send me info and 2018 dates for Respite Ranch Program at Hidden Acres Farm

Name: _____ Tel. _____

Address: _____ Zip _____

Email _____ Occupation _____

(select one) I have no horse experience ___ Some horse experience ___ Significant horse exp. ___

Please make check payable & return to: Hidden Acres TRC, PO Box 1879, Naugatuck, CT 06770
www.hiddenacrestrc.org