

Wellness with Horses

Horses and their surroundings make for a peace-filled setting where we can come together to learn and practice relaxation and mindful techniques in the presence of the horses and other farm animals. Practices will include Reiki, Yoga, and Mindfulness. There is no prerequisite for this class. The cost is \$210 for each 6-week course. The classes will be held Wednesdays from 4:30 pm - 6:30 pm.



Fall Session 1

September 18, 25
October 2, 9, 16, 23

Must Register by September 6

Fall Session 2

October 30
November 6, 13, 20, 27
December 4

Must Register by October 19

Who is eligible: If you are 18 or older, you are welcome to register!
For more information or for registration forms, please contact Carol Ann Guerriero at cguerriero@pal-o-mine.org or call 631-348-1389.



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