

## Hoofbeats & Heartbeats



Does your heart race for the wrong reasons? Or maybe you'd like to get that racing feeling back? Maybe you just want your heart to calm and rest.

We'll come. Come spend time with our herd. Maybe brushing, smelling or hanging out with the horses will put it all into a right perspective.

Come. Learn how time with a horse can help you get back in touch with yourself and nature. Nurture your spirit with horse time. This will be an unstructured, client-led time.

This spring and summer, on Wednesday evenings, with times from 5 p.m. to 8p.m., we'll make the horses and donkeys available for you to brush, pet, watch, hug, talk to, or just hang out with. For those 10 years to 100! (Children under 13 must be accompanied by a parent)

Bookings from May 6<sup>th</sup>.

\$50/hour

\$30/ half hour

***Call or email Janyn @ Hidden Creek Ranch to book a time.***

705-377-7763

[Hiddencreekranch15@gmail.com](mailto:Hiddencreekranch15@gmail.com)

[www.hiddencreekranch.ca](http://www.hiddencreekranch.ca)