

*The Spirited Mane* THE WILDERNESS MEDICINE OF EQUUS, SOUND, BODY & BREATH

# Candlelight Sound Sanctuary with Horses

"KK" Kirsten Kairos

along with Dory Perry, MEd. & Sara Sherman of Discovery Horse

**OCTOBER 13, 2018, 5:30-7:30p at DANDELION FARM**

Adults 19 and older: Join us for an incredible evening of self-care! This is an invitation to drop out of thinking mind and float inward surrounded by the gentle sounds of horses and the farm environment, amidst a subtle soundscape of gong, bells, bowls, flute, handpan and ethereal voice. Experience a state of deep relaxation for wellness and community connection. There will be plenty of quiet time for journaling, reflection and a hot cup of tea in candlelight toward the end of our journey.

\$10 to Register + Donation

More Details & Register: [discoveryhorse.com/sound](http://discoveryhorse.com/sound)

Dandelion Farm, 2748 Co Rd 122, Fort Ripley MN

*The Spirited Mane* THE WILDERNESS MEDICINE OF EQUUS, SOUND, BODY & BREATH

# Kids & Horses Sound Sanctuary with KK

"KK" Kirsten Kairos

along with Dory Perry, MEd. & Sara Sherman of Discovery Horse

**OCTOBER 18, 2018, 5:30-7p at DANDELION FARM**

Youth Ages 8-15: Join us for a very special youth-focused evening of self-care with KK! Wearing eyeshades, kids have the opportunity to relax on blankets with an inward focus, as they are surrounded by the gentle sounds of horses and farm. Gong, bells, bowls, flute, handpan and ethereal voice are used to regulate the nervous system, while inviting a deeply relaxed state. There will be plenty of quiet time for journaling, reflection and a hot cup of cider toward the end of our journey.

EACH KID MUST HAVE A WILLING ADULT PRESENT WITH THEM THROUGH THE ENTIRE EXPERIENCE

\$10 to Register + Donation

More Details & Register: [discoveryhorse.com/sound-kids](http://discoveryhorse.com/sound-kids)

Dandelion Farm, 2748 Co Rd 122, Fort Ripley MN