A collage of photos of people with horses

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**Explore Calm, Connection, and Confidence with Our Gentle Ponies!**

🌼 **May Half Term Mindfulness Pony Day for Kids!** 🌼

**Date: Friday 30th May 2025  
Time: 9.30am- 2.30pm**  
**Location: Ponies ‘n’ Kids, Eaton Thorne Stables, Woodmancote, Nr Henfield, W.Sussex, BN5 9BH**

***Join us for a magical day designed especially for children ages 5-11! Dive into a world of peace, friendship, and mindfulness, all while experiencing the calming presence of our adorable ponies.***

✨ **What to Expect:**

💖 **Mindfulness Time with Ponies:** Learn calming techniques and emotional regulation skills while spending quality time with our gentle ponies.

🦄 **Pony Care:** Discover the joys of caring for ponies through grooming, feeding, and building a bond.

🏇 **Riding and Mounted Games:** Experience the joy of pony rides and engage in fun, team-based games that promote confidence and cooperation.

🐴 **Mindful Nature Art:** Unleash your creativity with activities that inspire observation and connection with the natural world.

🌳 **Connect with Nature:** Immerse yourself in the tranquillity of our beautiful, quiet stables and serene surroundings.

🎉 **Make New Friends:** Build connections and friendships with other children in a supportive, nurturing environment.

**Spaces are limited to 12 children! Email now to ensure your spot.  
Contact: bookings@yourspacetherapies.org  
Cost: £110 plus VAT**

***Join us for an unforgettable experience that combines mindfulness and pony magic!***🐴💖