

Self-care Saturday!

February 1, 2025

Join us at the River Road farm for an afternoon of relaxation and horse love. Enjoy a sauna, yoga, and/or a walk around the farm. MSSPA volunteers will be on site from 12–4pm to introduce you to the horses!



Sauna time!

11:30 – 3:30pm

Relax in the warmth while looking out of the globe window at the horses and fields.

Fits up to four people.

With cold water therapy buckets and tub to plunge.

\$25 for a 30 min session
To reserve a time,
please email
toohautesaunas@gmail.com



Yoga with Ashley Flowers

2:00 – 2:45 pm

Enjoy gentle yoga in one of the fields near the horses or in the arena in the event of inclement weather.

\$12 for the class

Register at

<https://ashleyflowersyoga.com/poses-with-ponies/>



Maine State Society for the Protection of Animals
279 River Road, Windham, Maine