

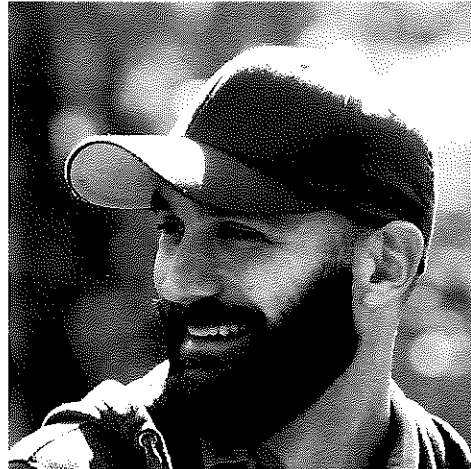
A TRAIL GUIDE TO A MINDFUL YOU

Hi, I'm Ryan Benz, a Personal Development & Mindset Coach. I'm sure you and many of your students enjoy the outdoors, appreciate nature and even hike. I'd love to invite you on the hike of a lifetime, all the way from Georgia to Maine.

That's right. I hiked 2,189.8 miles along the Appalachian Trail and I love to share the experience with groups of elementary and middle school students.

We'll talk about the hike itself—what it's like to be stuck in the rain for days, and coming face-to-face with rattlesnakes, bears, and even wild ponies!

But we'll do something more important along the way. We'll navigate the path together, taking advantage of the healing powers of nature, and using mindfulness to find the resilience to overcome life's challenges, both on and off the trail.



Get ready for a wild journey and help your students stretch to the place beyond their comfort zone!

THE JOURNEY TAKES 45 MINUTES
PLEASE CONTACT ME AT HELLO@RYANBENZ.LIFE FOR PRICING AND SCHEDULING