

WE'RE EXCITED TO ANNOUNCE OUR NEXT

ATHLETES & HORSES

PILOT PROGRAM



Now Featuring a
New Volunteer Partner!

PRESENCE • TRUST • BALANCE



45 MINUTES OF MINDFUL MOVEMENT + BREATHWORK

Led by *Lucero*

MORNING STAR WELLNESS

A former ball player turned wellness practitioner, Lucero brings a bag of talents and modalities to support our athletes and community.

- Breathwork & body awareness
- Doula support practices
- Ancestral rituals & grounding techniques

She is here to assist our community in releasing tension, restoring balance, and reconnecting within.

45 MINUTES OF

EQUINE CONNECTION

Guided by *Eva & the horses*

- GROOMING
- LEADING
- BONDING



Building trust, presence & emotional regulation through horses.



NYDIA WITH OSS MMA TRAINING CAMP STILL A STRONG VOLUNTEER PARTNERSHIP

Nydia and the OSS MMA team continue to stand with our mission—volunteering their time, energy, and heart to support athlete wellness and community outreach.

Together, we amplify our impact.



OSS MMA TRAINING CAMP

will be supporting our outreach efforts and helping us serve more athletes and families in our community.



NEXT SESSION
**SATURDAY
MAY 16TH**



4:00 PM



WHO CAN JOIN?

**YOUTH ATHLETES
(12-17)
PARENT REQUIRED**



**ADULT ATHLETES
(18+)**

SMALL GROUP • LIMITED SPOTS

\$25
PER ATHLETE

RESERVE YOUR SPOT →

SPOTS ARE LIMITED – SECURE YOURS NOW VIA ZEFFY!

SCAN
ME!



OR VISIT:

zeffy



HOSTED BY
**Rancho 3 Agavez de Cielo
Azul- Sky Valley, CA**

WITH COMMUNITY
VOLUNTEER COLLABORATION



ATHLETES TRAIN HARD. HERE, WE RESET TOGETHER.