

**Gratitude Retreat
with
Janice MacPherson and
Catherine Nelson Reid**

October 14 – 16, 2022

Fill Your Cup For The Journey Forward

As we emerge from the pandemic, it feels as if the world has shifted. Some people are experiencing change, or intense contemplation of their lives. Others are excited and looking forward to what's next.

A Weekend With An Amazing Group Of Women

Replenish during this weekend of yoga, creative workshops, nature walks, delicious food, laughter, and inspiration. We'll reflect on what's past, plan for what's ahead, and weave the practice of gratitude throughout. Some topics will include moving through change, exploring limiting beliefs, and getting back in touch with your self.

Early bird price, before September 2: \$825 plus GST
Regular pricing, Sept 3 – Oct 7: \$975 plus GST

For more information, contact Janice at 403-483-0137 or
macphersonjanice20@gmail.com

To Register Please click here [Gratitude Retreat](#)




THE CROSSING
AT GHOST RIVER