

Re-Treat  
Yourself



Join us for the perfect retreat this spring!  
This beautiful weekend happens June 3 – 5 for \$825  
at The Crossing at Ghost River, North of Cochrane, AB

## the re-treat PACKAGE

2 Night stay at the beautiful Crossing at Ghost River

Nourishing meals & snacks for the whole weekend

Meditation and singing bowl ceremony with rituals

Drumming circle

Morning Yoga

Evening fireside by the river

Conscious conversations, empowerment, core value and  
nutrition workshops

Soul connections, deep rest & deep healing

Please book in advance at [www.re-treatyourselfalberta.ca](http://www.re-treatyourselfalberta.ca)