

WORKSHOPS AT THE CROSSING

145 ACRES OF INSPIRATION

SILENCE & STILLNESS
MINDFULNESS AND MEDITATION RETREAT
September 28 – 30, 2018

This is an all-inclusive weekend and includes accommodation, all meals and sessions with Tracey. The meditation and yoga classes are suited for all levels of experience (including beginners).

INVESTMENT FOR THE WEEKEND:
\$595.00 PER PERSON BASED ON DOUBLE OCCUPANCY + TAXES;
\$695.00 SINGLE OCCUPANCY + TAXES.

The Crossing at Ghost River is the perfect location for a retreat where you can escape the hustle and bustle of everyday life, unplug and find stillness within yourself.

This retreat is led by Tracey Delfs of Balance Quest who has lead over 40 retreats over the last 17 years. During this retreat you'll get to enjoy the rare opportunity of enjoying a day of silence on the Saturday. This special day will give you ample time for meditation, self-reflection, journaling and contemplation.

Throughout the weekend you will have the opportunity to participate in 4 guided mindfulness meditation sessions, a deep relaxation class, optional yoga classes and mindful walking. The meditation & yoga classes are suited for all levels of experience, including beginners.

If you have never experienced a day of silence before this is the perfect retreat for you. Friday evening Tracey will prepare you for your day of silence and contemplation, Saturday you enjoy silence and on Sunday you will have the opportunity to share what your experience was like.

[CLICK HERE](#) FOR MORE INFORMATION AND ITINERARY

FACILITATORS BIO – TRACEY DELFS, B.Kin, CPCC, CYT



Tracey Delfs has been leading numerous mindfulness and yoga retreats throughout Canada and Internationally over the last 15+ years. She brings mindfulness and yoga into the corporate setting in Calgary, as well to Olympic athletes and the general public. Her passion is to share these teachings on mindful living with others, helping them to live more balanced, healthier and happier lives.

