

WORKSHOPS AT THE CROSSING
145 ACRES OF INSPIRATION

SPARK THE SPIRIT RETREAT

AT THE CROSSING AT GHOST RIVER

62129 Hwy 40, Cochrane, Alberta

Directions: <http://crossingexperience.ca/contact/>

Re-connect with your Five Dimensions of Self
Body, Mind, Spirit, Soul and Oneness

September 23, 2018

8:30am – 4:30pm

INVESTMENT FOR A DAY OF TRANSFORMATIONAL EXPERIENCE:

EARLY BIRD \$250 BEFORE JUNE 30TH.

\$295.00 AFTER JUNE 30TH.

GST NOT INCLUDED

The retreat includes:

A continental breakfast and elegant lunch

A personalized folder of workshop materials

145 acres to find a quiet vision seeking space that speaks to you, a meadow, beneath a tall pine,
by the river, in a grove, or on the deck of the Pine Loft with a coffee

New insights, practical strategies and laughter

What to bring:

Appropriate clothing and footwear and a blanket to sit on

Journal book, paints, camera, whatever your medium and let the flow of the Universe in

Payment Options:

1) E-transfer to: drmargotmckinnon@gmail.com (password: renewal)

2) Visa or Mastercard by phone: 403-463-2675

Are you living the life your Spirit wants to live? Discover how to move beyond your Body and Mind Dimensions of Self and connect with your Spirit, Soul, and Oneness Dimensions. Learn how to align and elevate all 5 Dimensions, ask critical questions to the Universe, have a vision, interpret your message, and develop an action plan to ensure you are on track to bringing your best life into being. Bring your partner, children, family members, and friends. Make a commitment to listen, mutually support, and celebrate what the Spirit needs on the pathway to a joyful, healthy, and meaningful time on Earth.

FACILITATORS BIO – DR. MARGOT MCKINNON (BA, B.Ed, MA, PhD)



Dr. Margot McKinnon, author of *The Body, Mind, Spirit, Soul, Oneness Dominance Theory: A Guide to Elevating Your 5 Dimensions of Self*, is a transformational thought leader. She recently earned her doctorate from the University of Oxford. Her next pursuit is the art of film making. Margot's goal is to be a shining example for using her life to fully develop all 5 Dimensions of Self. To learn more or purchase a book, visit Margot's website at: www.drmargotmckinnon.com

