

WORKSHOPS AT THE CROSSING
145 ACRES OF INSPIRATION

Reflect & Renew Retreat
Nov 2 - 4, 2018

Rest
Laugh
Restore
Inspire

Reflect on the past. Renew for the future.

The Crossing at Ghost River	Yoga Classes
Early bird before Sept 14	Meditation
Double: \$475, Single \$529	Workshops
	Nature Walks
Hosted by Janice MacPherson	Time for Reflection
aeracuraleadership.com	Laughter & Fun

FACILITATORS BIO – JANICE MACPHERSON, CPHR, Personal Development Coach



Janice MacPherson is a personal development coach who guides her clients to find more satisfaction in their lives, both at work and at home. She is passionate about personal growth and enjoys sharing her knowledge and experience with others to help them expand and grow. She is also a trained yoga teacher who believes that yoga is for everyone. She teaches classes for all levels that include breathing, mindfulness, movement, and rest. Janice is known for being a connector, a joiner, an avid reader, a traveller, and a student of yoga.

