

WORKSHOPS AT THE CROSSING
145 ACRES OF INSPIRATION



Reflect and Renew Retreat

October 18-20, 2019

The Crossing at Ghost River
Early bird til Sept 15: \$650

Hosted by Janice MacPherson
www.aeracuraleadership.com

Yoga & Meditation
Creativity
Workshops
Nature
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.

