

WORKSHOPS AT THE CROSSING  
145 ACRES OF INSPIRATION

*What's holding you back from truly caring for yourself?*

# NOURISHING & LETTING GO

## A 5-DAY MINDFULNESS RETREAT

AT THE FOOT OF THE CANADIAN ROCKY MOUNTAINS

*Cultivating compassion, resilience, and integrity  
one breath at a time.*



With Vinny Ferraro, Christine Klaassen-St.Pierre, and Nicole Libin



July 9-14, 2020. Cochrane, Alberta

For more information, please visit [www.followyourbreath.com](http://www.followyourbreath.com)

Early Bird Pricing until March 1, 2020: \$1,980 CDN, After March 1, 2020: \$2,230 CDN

