

*Experience a Day
of Extreme Self-Care
in a beautiful
natural setting.*

The Country Wood
at Bragg Creek -
36 White Avenue

Facilitators:

Cathy Yost

Certified Professional Coach

Simplify your life dramatically
Extreme self-care

Margot Graham

BEd. Phys Ed., Fitness Coach

Gentle yoga
Meditative breathing
Nature walk

Your exclusive invitation.



Simplicity Sunday

An Inspirational
Workshop
to strengthen
your core
Emotionally,
Physically
& Spiritually

Sunday, October 19th, 2008, 9:00 am to 3:00 pm

Registration Cost \$115 (gst included), Early Bird \$95 by October 12.
Limited to 16 people. Includes all activities, snacks and lunch.

To confirm your spot call or email: Margot 403-888-2596 medgraham@shaw.ca or Cathy 403-690-0257 cathy@cathyost.com