

CRYSTAL GINGRAS

RIVERVIEW RETREAT WICHITA, KS

# RELEASING USELESS JUNK & REPLACING IT WITH LOVE!

JULY 22ND & 23RD \$75

**FRIDAY & SATURDAY COME LOVE YOURSELF!**

**FRIDAY FROM 6 P.M. TO 9 P.M. 6**

**WELCOME!!!**

**SACRED SPACE-YOGA SOUL HEALING 7**

**SATURDAY 9**

**9 A.M. TO 4 P.M.**

**TRANCE BREATHWORK 10**

**CORD CUTTING**

**JOURNEYING TO LOWER AND UPPER WORLDS 11**

**DOING YOUR PART TO LET GO!!! 1**

**ACCEPTING CHANGE AND PURE LOVE. 2**

**SPECIAL POINTS OF INTEREST:**

- Vegetarian Lunch Included on Saturday
- Bring, bottled water, yoga mat, small white candle, journal and pencil, and dress comfortable!
- Optional Traditional Lakota Sweat Lodge on Saturday evening at 7 p.m. with Christ Hicks. Call 316-322-8834 to RSVP today.

## READY TO LEARN AND APPLY NATURAL WAYS TO RELEASE?

This is going to be one of the most amazing workshops that I have ever taught. With teachings from very experienced well known authors and guides, I am going to facilitate a fun, loving and powerful weekend that will provide you with the tools necessary to help you rid all of that USELESS JUNK that you are still carrying with you.

This class is for those who have admitted and recognized that there is plenty of attachments, and stories that still need to be let go of and are open to assistance in letting go.

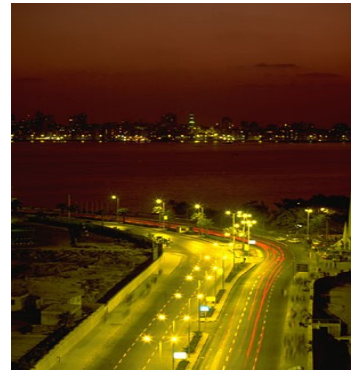
I have been on my own remarkable journey of healing the wounds of my childhood and am seeing major transformations in myself and the healing

work that I do on others are absolutely amazing!!!

Each day has been so full of love, light and gratitude and magical moments that I want to share all of this information with each of you who are willing to take the TIME FOR YOURSELF .

All of the training that I have learned over the last 20 years of my life will be incorporated into this class!!! Including my Trance Dance Facilitator training in Guatemala in 2007, the Celebrate Your Life Conference in Phoenix, AZ with Dr. Wayne Dyer, Alberto Villodo, SARK, Katie Byron, Doreen Virtue, and more! Also, the teachings about Soul Healing from a class that I just took in Florida in May

of 2011. My teachers are endless and my best teacher is myself as I watch the healing transformation take place and become a new person. The changes can be scary at times, but we have to trust the creative flow of life as we are one with this beautiful circle of creation called LIFE!



Tired of traveling the same windy road? Time to make a difference in your life NOW!!!

## REGISTER FOR THIS CLASS RIGHT AWAY! LIMITED SPACE!

Please register for this class as soon as possible by emailing me your email address, I will send you a paypal link to register securely online. Please let me know if you have any questions or special needs.

If possible, eat healthy and start stretching at least three

days before this class to receive the most benefits from all of the activities!!!

SO EXCITED TO SEE ALL OF THE CREATIVE ENERGIES IN MOTION!!!

Register now @  
crystal\_gingras@yahoo.com

Location: 5225 N. Sullivan Rd.  
Wichita, KS 67204

www.riverviewretreat.com

Place in Subject Line: I AM READY TO RELEASE USELESS JUNK!!!

PAY BY JULY 18TH for \$50 Early Bird Rate!