



**WI-FI  
FREE  
ZONE**



## Schedule

- Day 1** 5:30 pm – 6:30 pm  
Meet and Greet  
Dinner
- 6:30 pm – 9:00 pm  
Seminar
- Day 2-4** 9:00 am – 9:45 am  
Breakfast
- 10 am – 12:30 pm  
Seminar
- 12:30 pm – 1:30 pm  
Lunch
- 1:30 pm – 5:30 pm  
Seminar
- 6:00 pm – 7:00 pm  
Dinner
- Day 5** 8:15 am – 9:00 am  
Breakfast
- 9:00 am – 12:00 pm  
Seminar & Wrap Up
- 12 pm Lunch  
(Optional)
- \* There are also several small breaks throughout each day.**

## Healing and Serenity in the foothills of the Rockies

**DNRS 5-Day Neural  
Rehabilitation Program**  
The Crossing at Ghost River  
(45 minutes NW of Calgary AB)

Sign up before our Early Bird  
Deadline and save \$300

4 night accommodations  
and meals included.

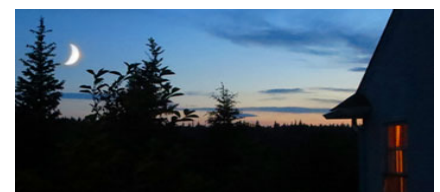
Limited seating.  
This is a scent-free environment.

For dates and times, please  
visit our website  
[retrainingthebrain.com](http://retrainingthebrain.com)

Nestled near the doorstep of the Rocky Mountains, the Crossing is set along the picturesque Ghost River amidst 145 rolling acres of natural and unspoiled nature. The Crossing is a hidden gem, located at the base of the Rocky Mountains and only 45 minutes from the city of Calgary and its International airport.

Unmatched in ambience, the Crossing has proven time and

time again to be the ideal location for our program - away from the distractions and interruptions of everyday life and providing a safe and relaxing space for focus, creativity, and productivity. Connect to yourself. to nature. and to others.





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## Accommodations

Refined comfort radiates from two beautiful colonial style buildings providing single and double configured accommodations. Each room is furnished with antiques, quilts and picturesque views. The Crossing has all of the comforts of a hotel room without the distraction of telephones or TV. Complimentary tea and coffee.

- 4 night accommodations included starting the first day of the program. Additional nights before and after the program are based on availability and are the responsibility of the participant to book separately.
- Off-gassed carpeting (15 years old). Windows that open.
- Power is underground. There are no Smart Meters attached to the buildings.
- Rooms and carpets are cleaned with non-chemical cleaners that are non-scented.
- Linens and towels are washed in non-scented eco-friendly laundry detergents.
- All rooms are single or double occupancy and come with shower and washroom. Some have bathtubs.
- This whole property has been reserved exclusively for the participants of DNRS.
- The area has no nearby oil or gas activity or cell towers. Cell phone reception is poor. Land phone lines only. Wi-fi will be turned off during the duration of the program. LAN wired internet available only in the business area.
- Please also bring bathrobe & slippers, alarm clock, refillable water bottle, comfortable, warm layered clothing & shoes.

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## Additional Accommodations Notes

- Provided that there is room, non-participating companions may stay with their attendee for an additional cost. Non-participating companions may also have their meals with the group during the 5 days at an additional cost. Note all companions must follow our [Scent-Free Guidelines](#).
- Non-participants must also follow our same [Scent-Free Guidelines](#) as our participants.
- On-site parking is available.
- Shuttle service is available to and from the airport. See further below (“Getting There”)



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## Meals

- All meals are included during your stay starting with the Meet and Greet dinner at 5:30 pm on the first day of the program and ending with an optional lunch on the last day.
- The Crossing offers wheat, gluten, and dairy free options that are as delectable as all of their regular menu items.
- Local foods are used as much as possible and everything is homemade.
- On location [Red-Seal Chefs](#) are very experienced at catering to all food sensitivities – no matter how severe. Participants are not allowed to bring their own meals.
- All participants (and companions who choose to have their meals along with the group) will be required to complete a Dietary Request Form closer to the date of the program.
- Non-participating companions may have their meals with the group providing that they have registered and paid the additional costs and also follow our [Scent-Free Guidelines](#).

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## Additional Notes

- At DNRS we endeavor to create a healthy learning environment for all. However, we cannot guarantee that each venue will be suitable for everyone due to circumstances beyond our control. If this is a great concern for you, we would recommend that you purchase the DVD along with personalized coaching to ensure that you are on the right track to recovery.

## Getting There

### Airport

Calgary International Airport (YYC)  
50 minutes and approximately 70 km (43 miles) SE from Ghost River. There are several direct flights daily from Canada and the U.S. cities.

### Shuttle

Ambassador Limousine Service: Toll free 1-866-279-0584.  
Transfer between YYC and Ghost River \$169CDN (includes tax, fees, gratuity). Lincoln L-Series and MKT Sedan. It is recommended that you book in advance if you require shuttle service.

### Taxi

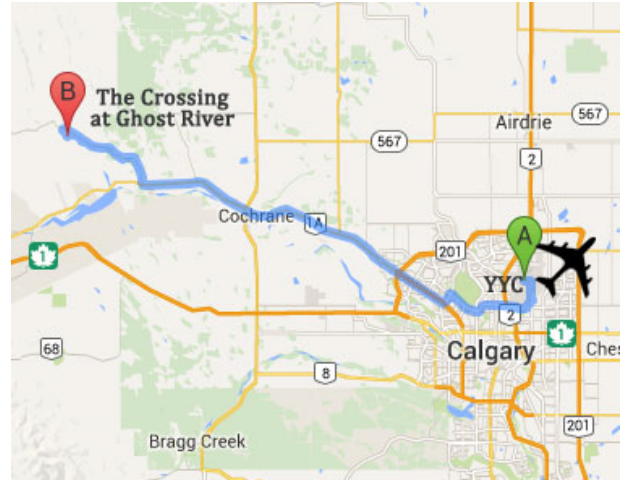
Various taxis outside of airport arrivals. Transfer approximately \$135CDN (includes fees and gratuity).



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## Calgary YYC – Ghost River



[Driving Directions can be found here](#)

[Ghost River Property Map can be found here](#)

## Additional Notes

- If you plan on arriving a day or more before and/or after the program, it is highly recommended that you book your accommodations as soon as possible. Please check with The Crossing directly to see if they have the dates available. If they do not, there are several hotels and B&B's to choose from in nearby Calgary and Cochrane.
- The Crossing at Ghost River website: [crossingexperience.ca](http://crossingexperience.ca)
- Please check for weather conditions in the area beforehand and dress accordingly to the conditions: <http://www.theweathernetwork.com/weather/canada/alberta/cochrane>
- **Our Cancellation Policy:** If you cancel within 30 days of the program registration deadline, you will receive 100% of your program fee back, less a \$150USD administration charge. If you cancel within 15 days of the registration deadline you will receive 75% of your money back, less a \$150USD administration charge. If you cancel within one week of the registration deadline you will receive 50% of your money back, less a \$150USD administration fee. If you cancel after the registration deadline, you will not receive any refund (some emergency exceptions may apply and will be assessed on an individual basis).

## What Others Are Saying About the DNRS In-Person Program

*"This is an amazing program that many more people should take advantage of. It is easy to follow and understand. The course instructors were very passionate and inspirational. The class feels like a new family" - Patti*

*"I was nervous and the instructors quickly created an atmosphere that was conducive to trust, caring and learning. They are truly inspirational. The program was informative, but fun - it engaged me fully! I had a breakthrough every day!" - Dana*

*"The instructors were amazing - so genuine and inspiring. The last evening here was like a party! It is so life changing! Thank you so much!" - Diana*

*"This course is life changing! Loved the group dynamic and instructors" - Codey*

*"I didn't want this to end! It was an amazing trip!" - Paul*

*"Instructors were wonderful! I couldn't imagine anyone more kind, positive and caring!" - Mary*

*"Your story is encouraging. You are a living example that wellness is possible. Being in a group was so helpful. We gave strength and encouragement to each other. I didn't feel so alone. Thank you from the bottom of my heart. Please come back." - Julia*

*"Darn you're good! Great combination of "seriousness" and play. One of the best investments I have ever made!" - Cheryl*

*"Such an immense privilege to be part of the program under the teaching of 2 remarkable women. Thank you!" - Laurie*

*"The course instructors had awesome energy and knowledge. They genuinely 'get' us and care. Made it easy to relax. This was such a positive experience. Well worth the investment" - Vivian*

*"I don't want to go home!" - Jane*

*"This is beyond what I expected! You demonstrated a way of being and interacting that inspires me. Thank you!" - Joan*

*"This course saved my life. I am not having back pain at night. I have a clearer mind. I sleep better and am more energetic. I don't react to smells like I used to. I feel like I've been born again." - Carmen*

*"I wish I had found you years ago, but I'm just happy I have found you now. Thank you for the amazing gift you've given me this week of recapturing my life back!" - Geri*

*"This program is invaluable. I am so grateful to have found out about this. I love the sense of connection and community" - Leslie*

*"My improvement after five days is beyond my wildest hopes and dreams!" - Lille*

[Click here to register for DNRS at The Crossing at Ghost River](#)

Maximum of 20 - 30 participants will be accepted.

Sign up before the Early Bird Deadline and save!  
Canadian Residents: Prices are in USD