

SELF- KINDNESS CHANGES EVERYTHING

Who We Are

Cari Frame is an Internationally Certified Life Coach. She has hundreds of hours of expertise in bringing people to a more empowered relationship with themselves.

The Program

A self-improvement program like no other. *The Way In* utilizes intensive coaching, meditation, mindfulness and supportive community to transform your relationship to yourself from negativity to love.

2020 PROGRAM GUIDE

THE WAY IN

SUPPORT
+
COMMUNITY
+
RETREAT

Soulful
Empowerment
Coaching

Calgary, AB

For Inquiries

cariframe.com
403-604-6688 (Call/Text)
cari @ cariframe.com

WITH
SOULFUL EMPOWERMENT
COACH

CARI FRAME, CPCC, ACC





THE WAY IN

Happiness starts from within.

Book Your Spot Today!

Space is limited to 15
participants

Foundation Program

Includes **\$575**

- 2.5 day Immersive Retreat
- 4 Interactive Group Sessions
- Exclusive Access to Facebook Community page
- Weekly guided meditations, practices and accountability

Retreat Details

Fri. evening, full day Saturday and Sunday

Peaceful setting near Calgary

Foundation PLUS Program

Includes **\$945**

- 5 Hours Professional Coaching with Cari (value \$500)
- 4 Interactive Group Sessions
- Exclusive Access to Facebook Community page
- Weekly guided meditations, practices and accountability
- 2.5 day Immersive Retreat

Payment Plans available

Upcoming Program Dates

Feb.-March 2020 - Orientation Feb.18th
Group Sessions start Feb. 25th

2.5 day Retreat - March 13th-15th

Inquire about Spring and Summer Dates