

Are You Living with a Killer?

Do you realize that most of the daily stressors you experience are NOT natural? Humans were not designed to endure traffic jams, aggressive drivers, artificial lighting, electromagnetic radiation, construction noise, crowds, and pollution. And those are just some of your external stressors. How about self-created pressure and worries?



You may think all of that stress is “normal,” but it’s not. It’s just familiar. You’re used to it, so you might be unaware of its cumulative toxicity. Like a smoker who has learned to tolerate breathing in poisonous fumes. Research has found that more than 80% of health problems are related to, or caused by, emotional stress. And studies have found that incidences of stress, anxiety, and mood disorders are up to 40% higher in urban areas.

The problem is, you can’t really be aware how much it’s affecting you until you **unplug from it completely**.

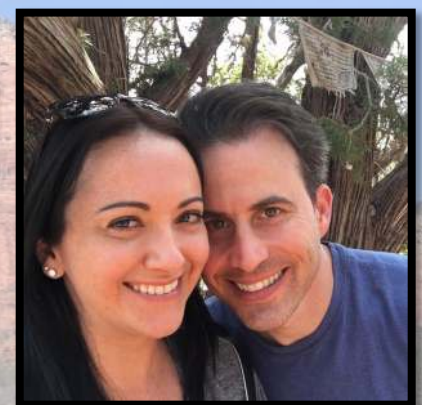
Join Todd & Gina Goodwin for an unforgettable and unique retreat that will inspire and restore you.

Whether you have been looking for a memorable vacation, you love transformational retreats in magical destinations, you enjoy learning while relaxing, or you just deserve a break from the daily grind, this experience may be for you.

Imagine completely unplugging from your routine existence and sharing 5 full days (August 9-13, 2018) with hypnotists Todd and Gina Goodwin in Sedona, Arizona, one of the world’s most beautiful destinations and ranked among Condé Nast’s Top 10 Friendliest Cities.

This small group retreat (limited to 10 attendees) seamlessly integrates indoor and outdoor experiential learning. Our time each day will be divided between a comfortable home with stunning red rock views and a variety of outings in nature.

You will have amazing photo opportunities and stimulating conversations, and you’ll feel a shift in your mind/body/spirit as you connect to a very different environment than the one you’re used to. You may wonder why it took you so long to discover it, and you’ll wish you had more than 5 days.



Gina and Todd Goodwin
Board Certified Hypnotists
Miami Hypnosis Center
MiamiHypnosisCenter.com

“God created the Grand Canyon, but he lives in Sedona.”



“I think that I cannot preserve my health and spirits, unless I spend four hours a day sauntering through the woods and over the hills and fields, absolutely free from all worldly engagements.”

– Henry David Thoreau



Our daily agenda is both relaxing and energizing. Imagine blending a laid-back workshop with fun and inspiring nature excursions. During our 5 days together, we will provide transportation and catered lunch and dinner.

For the outdoor portion of each day, we will (weather permitting):

- Enjoy a private Jeep tour to Sedona’s energy vortexes;
- Hike through a serene forest alongside Oak Creek;
- Experience group meditations on the red rocks;
- Share in a “Feather Talk” ceremony with an Apache shaman;
- Explore a peace park and Native American medicine wheel;
- Discover 800-year old petroglyphs, and more!



The indoor portion will combine a lively lecture with group discussion, so you can:

- Observe by demonstration how your body manifests emotional stress;
- Unplug and mentally detox from the urban “angst” that may feel normal to you;
- Begin to dissolve habitual toxic and limiting thought patterns;
- Participate in transformational group hypnosis processes; and
- Learn concepts and techniques to help you restore mind-body balance, even after you return home.



Space is limited! If you’re interested in learning more, please complete our online application at <https://bit.ly/2l8ct5L> or <https://miamihypnosiscenter.com/retreat>, and we will follow up with more information and to answer your questions.

