

# Retreat into Transformation and Rejuvenation!

Take advantage of the rare opportunity to retreat into transformation and rejuvenation in a magical and exquisitely beautiful location on the coast of Spain where the daily schedule includes:

- Yoga or Movement for the Mind™ Session
- Meditation
- Mental Renewal and Transformational Thinking
- MethodErgy™ Life Solution System
- Opportunity daily for private time: swim, walk, explore, journal, enjoy Spa services & experience the splendor of the Mediterranean.



Daily stresses of work and home life, lack of rest, emotional, and environmental toxins take their toll on the mind, body and spirit. Research shows that taking 7-10 days away from these challenges to rest, renew, and regenerate depleted resources, contributes to your well-being and ensures that you have even more to give in your professional and personal life.

## You will learn:

- How to handle stress easily, instantly eliminate it and create more joy and ease
- Techniques to connect with people (children, teens, adults, family, significant other)
- Techniques essential to building trust
- The art of increasing focus on the important instead of the unimportant
- A solution system for challenges in personal life, business, and at work
- How to shift your behavioral patterns forever
- Practical applications for personal and professional life

*Graduate CEU credits for Educators are available.*

**Register NOW! (Only 25 spaces available)**  
**EARLY BIRD PRICE EXTENDED TO 4/25/12!**  
Call 661-349-8322 or 303-402-0443 or Go to:  
[www.simplymentored.com/renewal/spain](http://www.simplymentored.com/renewal/spain) or  
[www.bodyminddynamics.org/retreats](http://www.bodyminddynamics.org/retreats)



**Where: Costa Brava, Spain**

**June 20<sup>th</sup> through June 27<sup>th</sup>, 2012**

**Price: \$2096 (EARLY BIRD before 4/25) after 4/25 \$2496** (small group discount also available)

(Price includes room, two daily meals, gala dinner and all classes. Price does not include airfare and transportation)

## Facilitators:

**Francoise E. Netter, M.A.** is an author, educator, conference presenter, performer and Yoga and Movement For The Mind™ certification trainer throughout the United States, Mexico, and Europe. Her passion is to motivate others and use education as a resource for creativity, inspiration and transformation.

**Sheryl Angella Stern** is an initiated spiritual master, who is an expert in Systems and Process Design. She has studied in the fields of Mathematics, Spiritual Psychology, Holistic Health, and Esoteric Healing Arts. She loves to observe your growth and evolution as you discover your hidden gifts and begin to apply them for greater rewards.

