

Mind Body Business

It's Time to Level-Up!



4 Day Retreat

Mind Body Business



Mindful Business creates Mindful Success

Whether you are a cooperate officer, entrepreneur, athlete, author, teacher or health professional you **WILL** benefit from this program! This retreat is for everyone who wants to step up their “A” game.

- Are you ready to experience **abundance**? It is time to identify and understand the **blocks and restrictions** that are currently in your path hindering your achievements. By **clearing** out the old energy that is within you we make room for great things to be created in your life. We all have old patterns that require re-programming to achieve a higher level of awareness and perspective. These areas of lack or limitation are seeping into every aspect of our lives. You must clear out the areas that require your attention to be able to move forward in much more productive, graceful and peaceful manner, this goes for business too!



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- **Mindful actions** and **meditation** are a great way to begin to move forward to leading your business from your heart rather than your head. Yes, your **HEART!** This may sound backwards from everything you've been taught, but trust me folks it's **Truth!** This is an interesting concept but it works. This is where the Law of Attraction becomes very important to comprehend. You will be offered a plethora of tangible tools to assist in your every day such building activities.



- Everything in **Business is Personal...** there is no line or distinction. Every experience you have had and continue to have in your person life, affects your business. Your childhood affects your business. Your failed relationships from years ago, affect your business. Together we will identify these patterns to give you the perspective to shift and align with what you are truly a capable of. You will learn to access and utilize the natural tools we have been given to create greatness. We will learn to use our personal energy wisely. It is important to understand the energy relationship of your business and yourself, mind body & spirit, if you want to be successful. Your personal energy is a part of your biz, and you a part of it. It's all **ONE.**



- Have you hit a **stalemate** in your biz?

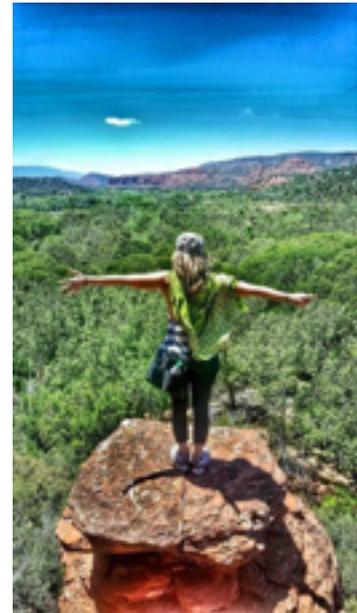
When we feel like we've reached a ceiling, it's simply another opportunity to look within and push through that barrier to the next level. Gaining a fresh new perspective in the anecdote to a stand still. Let's get you clear on the new perspectives that are waiting for your presence. Are you at the top and it's still not filling your needs and wants? Let's make some space within so you can receive an drill up with new opportunities and advancements Experience working with and understanding the **Chakra System** and it's important role to help align and interconnect with your energy in a whole new and balanced way. Get things flowing for you and your company. You will learn practical tools to assist in gaining clarity during your everyday life. These



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tools are just what you need to get you unstuck when you reach a speed bump.

- **Author?** Is there a book within you? Do you have something to offer the world? Do your words matter to you so deeply that you want to share them? If yes, then what stopping you? Was can assist you in gaining clarity and motivation to begin creating your desire. Let's get you writing and on your way! **Athlete?** Would you believe that events from your past can actually hinder your performance as a professional athlete? We can identify and clear the layers of old and reprogram a level of new! **Aspiring Entrepreneur?** One of the top blocks for an someone like yourself is **Self Worth**. This is often a pattern stemming from childhood or even traumatic events of you past. **YOU ARE WORTHY!** Let's get you resonating with your worth.



- Are you ready for the next giant step to be presented to you? Is it time for you to take that leap in your business but you are not at all sure on what that is? Let's get your energy flowing in such a way that your intuition and idea station is open for biz!
- How can you move forward in a positive way with clear intentions? **Energy Maintenance** can take care of that for sure. We are Energy, everything we do, see, feel, hear and know is energy. Being able to maintain a healthy energetic boundary on a regular basis is essential for any successful professional. Your business is also **Energy**, so it stands to reason that it requires your energy maintenance attention as well. Your relationship and how you care for you biz is incredibly crucial to your abundant future. Everyone could use a little boost or refresh to get their creative business juices flowing in a new clear direction. Energy maintenance can provide that clarity. You are valuable. Treat your energy as such!



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YOU WILL EXPERIENCE: **Exploratory Workshops**

We will incorporate the magnificent energy of the sacred land of Sedona along with guided meditation, healing sound, chroma therapy, and many other mindful & spiritual tools in conjunction with natural energy medicine modalities to create an atmosphere that allows for you to be charge of your own personal expansion & healing experience. All workshops are interactive with group participation. The more you put into the experience the more you will receive and grow from it. You are a limitless being, you are always growing and receiving. There is always more to learn, gain, understand and experience, there is no ceiling, The ceiling that you perceive is an illusion that you will come to recognize and have gratitude for as a gift to push you past a limitation that is looming within your energy field.

- **BALANCE YOUR BIZ:**

Chakra System & Balancing Workshop

Learn about the chakra system and how it is critically connected to your business and finances. Learn to use this form of clearing as a tool for you and your team or employees. Balancing and maintaining your chakra will assist in retrieving your normal balanced and peaceful state to receive new ideas and inspirations. Learn tips and tools on eating for the Chakra. to use in your everyday life at home and in your daily work environment. Feel replenished, peaceful, and even grounded after a chakra maintenance. This is a great tool for maximum work level experience.



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- **BE THE CREATOR- WEALTH FROM WITHIN:**

Breathwork Abundance Workshop Calling in and creating new areas for abundance to enter into your life and your business. Get really clear on what it is you want and how it would feel to have it. We store a lot of old energy in our body. It starts when we are born and then we pick up a lot in childhood. You'll be amazed at how much dense stale energy you will find when you go deep within, clear out that junk in the trunk and you can carry a big load of abundance pretty easily!



- **GET WHAT YOU DESIRE:**

Clarity & Communication Workshop Clarity and Communication are a key piece to any successful puzzle. Getting clear and precise about what you want is imperative in conjunction with the Law of Attraction. Then taking that clarity and communicating it to the Universe is a treasure chest of new opportunity. We often use meditation and affirmations to set and clearly see and receive information, signs and guidance to a more abundant and creative life. Speaking your truth and stepping out is not as easy as it may appear to an onlooker. Being different or taking risk is a venerable place to put yourself. Sometimes our truth looks a little crazy or out side of the box to others and it may be hard to express. What does your success look like? Clarity is golden in business.



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Day #1

Introduction & Team Building

Accountability Partners

Drumming & Intention Ceremony

Meditation and Intention Setting

Day #2

Guided Meditation: Identify Blocks & Restrictions

AM Meditation and Energetic Wake Up

Breakfast

Workshop:

GET WHAT YOU DESIRE:

Clarity & Communication Workshop

Ground: Nature walk outside connect with Earth & stretch

Workshop:

BALANCE YOUR BIZ:

Chakra System & Balancing Workshop

Nutritional Wellness

Guest Speaker- Nutritional Coach

Eating for the Chakra System

Group Journaling & Auto-Writing Exercise:

Meditation, Automatic writing and clearing exercise

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Day #3

Guided Meditation: Identify Old Patterns & Beliefs

AM Meditation and Energetic Wake Up

Breakfast

Workshop:

GET WHAT YOU DESIRE:

Clarity & Communication Workshop

Ground: Nature walk outside connect with Earth & stretch

Group Session:

PERSONAL IS BUSINESS:

Group Exercise to Identify and Clear Old Patterns

Day #4

Guided Meditation: New Perspective of Success

AM Meditation and Energetic Wake Up

Breakfast

Workshop:

BE THE CREATOR- WEALTH FROM WITHIN:

Clarity & Communication Workshop

Ground: Nature walk outside connect with Earth & stretch

Gratitude Ceremony

Closing