

## **Redd Coaching Tahoe Retreat/ Workshop**

**Dates: June 2- 4, 2016**

Step into a fabulous, get-away weekend where you can nurture yourself and discover new knowledge and tools that will help you step up your life game in the areas below.

You will leave feeling confident, empowered and literally expressing a new you and a new personality.

- 1. Meditation - The Mind/Body Connection**
- 2. Health & Nutrition**
- 3. Yoga & Exercise/Boot Camp**
- 4. Personal Environment**
- 5. Career/Life Purpose**
- 6. Healthy Relationships**
- 7. Adventure/Travel/Retreats**

**To create your dream life and become your personal best!**

Space is filling up quickly, now **I have 8 spots** and **we will sell out by April 15** so, REGISTER today!

If you are truly honest with yourself, you know there is a gap between where you are now and where you want to be, the expanded version of you.

***WE HAVE ALL EXPERIENCED LOW POINTS IN LIFE - IT'S TIME TO LIFT YOURSELF UP!***

You might find yourself saying these things:

- \* **I feel like I am having a mid- life crisis, I feel stuck in my job.**
- \* **Ugh, is he listening? I'm having relationship difficulties.**
- \* **This weight- where is it coming from? I am gaining weight and belly fat.**
- \* **Where are all the good men out there?**
- \* **Is my approach to dating men too masculine? Do I seem needy?**
- \* **My kids are off to college, now what do I do?**
- \* **I've tried every diet, OMG what will work?**
- \* **I constantly feel stressed about money.**
- \* **Why do I feel addicted to sugar and carbohydrates?**
- \* **Why do I feel addicted to my phone? It's the first thing I look at in the morning.**
- \* **I'm just not sleeping well, why?**
- \* **I decided to leave my spouse, it was the right thing to do, why do I feel so bad?**
- \* **How come I feel low grade anxiety all the time?**
- \* **I feel scattered during the day and lacking direction in my life.**
- \* **How do I stop being so critical and judgmental of myself?**

You are not alone. Prior to my divorce, 16 years ago, I was feeling these low points too. I turned myself around, I got a Coach, I hired a Cognitive Behavioral Therapist, I took workshops and retreats in Healthy Relationships, Meditation, Shamanic Astrology, Neuro Science and Quantum Physics. I read personal development books and I became a Certified Coach myself. I have continued my learning. I have mentors, coaches, and amazing teachers who are doing a really good job in the areas I want to do a good job in. You can do this too.

***DO SOMETHING TODAY THAT WILL CHANGE YOU FOR THE BETTER!***

***EXPERIENCE IS THE TRUE TEACHER OF ALL THINGS!***

## **Learning Points/Value:**

Life expansion, love your life, transform yourself, become a better you. At this Retreat/Workshop you will learn to change your emotions from SIDE A to SIDE B. Change can take place from the emotions of joy and inspiration or change can take place from a place of pain and suffering. Now, wouldn't you prefer to change from a place of joy and inspiration? Let's start creating your life today.

### **SIDE A**

**Anger**

**Fear, Worry**

**Sad**

**Envy, Jealousy**

**Judgmental**

**Resentful**

**Impatient**

**Afraid**

### **SIDE B** *\*Natural way we should feel!*

**Gratitude**

**Humor, Peace**

**Happy**

**Awe, Miracles, Ecstasy**

**Joy**

**Excited**

**Calm and Confident**

**Love for Life**

## **LIFE COACHING -**

Your life is your message to the world, make sure it is inspiring and uplifting to you!

If you are truly honest with yourself, you know there is a gap between where you are now in your life and where you want to be, the expanded version of you and your personality.

## **We will cover these 7 Pillars in the Retreat/Workshop:**

1. Meditation - The Mind/Body Connection
2. Health & Nutrition
3. Yoga & Exercise
4. Personal Environment
5. Career/Life Purpose
6. Healthy Relationships
7. Travel/Adventure/Retreats

## **Fast learning -**

We can cover so much new knowledge and practice these new tools over 2.5 condensed days. A workshop creates a space, a container for you to accelerate your change and your progress. We can cover in 2.5 days what it might take my typical 1-1 client 3-6 months to learn and actually use in their daily life.

## **YOGA-**

Daily there will be a morning yoga session for 75 minutes. I will show Level 1 modifications for new comers to yoga, and I will teach level 2 -3 options as well. There will be a **special bonus handstand workshop**, for those who are excited to learn this fun asana.

## **MEDITATION - MIND/BODY CONNECTION**

I will be teaching a specific 5 Part Gratitude Meditation, this specific guided meditation will help you shift your brain waves to a place of feeling peace, calm and gratitude. You will teach your brain waves to slow down.

You will train your brain waves to go from a high beta, stressed out state, to one of delta or theta where you will have more creative and mystical experiences. Wait until you experience this for yourself.

We will be covering work from Dr. Joe Dispenza's Progressive Workshop in Neuroscience and Quantum Physics. Learning to change your thoughts to gratitude helps you fire new sequences in your brain and this causes you to make new chemicals and hormones in your body that turn on genes and markers for health. You can get that job you want, purchase that house you want, get that relationship you want and get that healthy body you want ... a lot faster when you are daily accessing the Quantum Field. Let me show you how.

## **SHAMANIC ASTROLOGY - Birth Natal Chart**

I will need your:

- \* **Birthdate**
- \* **Birth time (many can find this on their birth certification)**
- \* **City and State (or Country) of Birth**

Our relationships with the planets, moon, Sun and stars is as old as humanity itself. Gain a deep learning of who you truly are, your personality, and your character strengths and weaknesses by getting your Shamanic Astrology Birth Chart read. This is the ancient, secret knowledge of the Occult.

Shamanic Astrology provides a more detailed understanding of the souls' journey and the integration of the self versus other types of simplified Astrology such as "Sun Sign Astrology" or the kind you read in Vogue or In Shape magazine. I will be reading your Moon position and 6 different key astrological players. Choose one area of your life for me to focus on: career, health, relationships, children, or travel and adventure.

I will need this information 2 weeks prior to the retreat, **by May 19, 2016.**

**Dates: June 2- 4, 2016**

**Thursday:** June 2, Workshop 6 - 8pm.

**Friday:** June 3, Workshop 9-12, 2 to 7pm.

**Saturday:** June 4, Workshop 9 - 12 noon.

**PRICING:**

Workshop is \$500, = Life Coaching, Yoga, Meditation, Shamanic Astrology  
Birth Charts, 5 Point Gratitude Meditation

+ room rates and meals are included here:

\$300 for private room + meals

\$150 shared room king or queen + meals

\$90 shared twin or bunk bed rooms + meals

**HOW TO REGISTER:**

Send an email to [melissa@reddcoaching.com](mailto:melissa@reddcoaching.com)

**Thank you** for taking the time to invest in your precious self and to ride this  
adventure of life with me...to live your personal best and to live an expanded life.

Warmest Regards,

Melissa