

You are invited to a

A Wellness Retreat

Learn about and experience Mind Training Techniques and a Safe Therapeutic Yoga Practice which offer skills to create and enjoy physical, mental and spiritual wellness

Edward Francis Pio, Facilitator

Medical Hypnosis, Sensory Imaging, Visioning, Mindfulness, the Theta Brain Wave Technique and Yoga Nidra Meditation

Gina Puccinelli, Facilitator

Presenting a mindful, focused yoga practice and observance of the breath

Saturday July 13, 2019

1:00 pm - 5:00 pm

Yoga Center of Carmel

Tuition

\$60 Individual

\$100 Couple in same household

To register contact

Yoga Center of Carmel

Kathleen Barton Karachale, Owner/Director

yogacarmel@aol.com

www.yogacentercarmel.org

831-624-4949

Edward Francis Pio is a resident of Pacific Grove, California. He is the founder and Executive Director of the International Mind Body Institute. Mr. Pio has fifty-three years' experience as a Life Coach and teaching medical hypnosis, medical self-hypnosis, light and deep meditation, the Theta Brain Wave Technique, and Yoga Nidra Deep Meditation to individuals, professionals, business organizations and private groups. Over sixty thousand students have taken his webinars, live or home study courses worldwide -- including 761 men in Soledad Prison, located in Central California. Mr. Pio has lectured and taught extensively on cruise ships and to select groups in Canada, Mexico, China and Russia.

Gina Puccinelli considers promoting nourishment of the mind, body and spirit to be her life's work. Her gift is honoring the divine being within each individual by encouraging them to recognize their inner light and unique authenticity through daily self-care techniques and practices. She is a Certified Yoga Teacher, a Certified Massage Therapist, and a Medical Exercise Specialist, and offers private, in-home movement therapy. www.beyondyoga.me