

# Mexico Access Bars Retreat 2019 Menu

## Access Bars Training, Exchanges & Additional Transformational Services offered

**Brooke Pilkington** is a certified; Ayurvedic Practitioner, Access Bars Facilitator, Yoga &



Meditation Instructor, as well as a Birth and Postpartum Doula who has supported hundreds of clients in stepping beyond the imbalances with their health; creating greater mental clarity, stronger happier bodies, greater connectivity with their loved ones and choosing to live the life of their dreams. For more about Brooke click here: [Beeingwellwithbrooke.com](http://Beeingwellwithbrooke.com)

**Brooke** is facilitating an **8hr Access Bars Training** Wed May 8<sup>th</sup> & offering 3 optional **Bars Exchanges** from 3-5pm (training & exchanges included in retreat price). Want some 1:1 time to go deeper with Brooke? She has a few 1 hour sessions available for; **Beach Walk Energy Clearing Session:** including verbal facilitation & energetic body work. OR **Lymphatic & Breast Health Session:** Receive nurturing care, massage and instructions on breast & lymphatic health and care.

### 1 Hour Private Session with Brooke - \$100

Click here to register for this amazing training: [Access Bars Training in MEXICO with Brooke](#)

**Carol Bjorn** is an Access Consciousness Certified Facilitator and a Bioenergy Balancing Certified



Practitioner. By using both modalities in a client session, Carol can facilitate a client to move beyond current limitations whether those limitations occur in the client's body or in their life. She has assisted adults, kids and animals to move beyond their limitations into a life of choice! For more about Carol, check out here website at [bebrilliantlyyou.com](http://bebrilliantlyyou.com).

### 1 Hour Private Session with Carol - \$100

Carol is offering private sessions using the tools of Access Consciousness and Bioenergy Balancing to facilitate change. The private sessions will include removing judgments, self-doubt and obstacles that are in the way of you creating the life you desire. As we clear those obstacles, we will also begin to look at choices and possibilities that become available. In addition, the session can include hands-on bodywork (lightly touching the client's meridian system) and verbal facilitation. And, you will also be given tools to take home and use after you have returned home from the retreat.

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**Dondi Tondro-Smith** is a certified massage/yoga therapist who offers a fusion of integrative techniques to align the entire spirit, mind and body.



Over the past 20 years Dondi has assisted elite athletes, quadriplegic/paraplegics, in-patients, schools, corporate groups, at-risk youth, private and studio clients. She offers Yoga Private Sessions and Re-alignments as well as integrative body work.

**Schedule an amazing 1 Hour massage with Dondi for \$125 or 90 minutes for \$175**

**Angela Rocchio** is a Certified Healthy-Lifestyle Coach and Yoga/Mindset teacher who



helps women move beyond their current limitations and beliefs and make the changes necessary to step into being the healthiest and happiest version of themselves, allowing them to truly LIVE their lives.

**1-Hour Private Sessions with Angela- \$100**

**1-Hour Private Health Coaching Session with Angela**

Have health goals, but having trouble meeting them or even getting started? During this private session you will gain clarity on exactly what you want for your health and your body and together we will co-create an action plan you absolutely love, so you can meet your goals asap with way more ease than ever before. A few of my specialties are in natural hormone balancing, sleep issues, fatigue, and adrenal and chronic fatigue.

## **Private Yoga Instruction**

If you'd like to incorporate yoga in your life, but you've never been quite sure what type and how to make it work FOR you, this is a session you're going to love. We will explore different yoga traditions, styles and techniques and get clear how yoga would work best for you. Then we will create a personalized yoga sequence that you love, to take with you and incorporate ongoing to have less pain in your body, to increase strength and flexibility and to experience more calm each day.

## **Meditation Guidance and Instruction**

Want to meditate and actually LOVE it, but don't know where to start? I got you covered. We will explore the different forms and styles of meditation together. Then we will co-create a meditation practice that is ideal for your body and your lifestyle, one that you love and are excited to come to everyday so you can feel more zen in your world no matter what chaos is happening around you.